

THE STELLAR RAY



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Mental Development Through Freedom
from Prejudice and Bigotry

Spiritual Unfoldment and Aspiration for
Attainment of All Good

—
FORMERLY
"SUGGESTION"

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What Parents and Guardians Ought to Know

EACH child born into the world is entitled to the best guidance and care the parent is capable of giving it. The Stellar Ray horoscopes are intended to be an important assistance to parents in the comprehension, education and care of their children. A natal chart—cast for the exact time of the child's birth reveals that child's character, mind and disposition, the weak and strong points in the organism as well as the vices and virtues—enables one versed in the science to reveal to the parents or guardians of the child just the lines upon which it can be best trained.

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THEY will appeal to the child's heart rather than to the head, endeavoring both by precept and example to show the child the greatness of morality. Truth, honesty and compassion will be presented as ideals to be striven for and more to be desired than intellectual greatness. For goodness alone is truly great.

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SCIENCE AND KEY OF LIFE

PLANETARY INFLUENCES



By ALVIDAS ET AL.

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HENRY CLAY HODGES

An encyclopedia of knowledge gathered from the great tomes of wisdom which Nature has compiled from the ages.

It is through ignorance we err, but with knowledge comes power, and with power, liberty.

THE FOLLOWING SHOW ONLY IN PART THE IMPORTANT CHARACTER OF THE SUBJECTS TREATED IN THIS GREAT WORK

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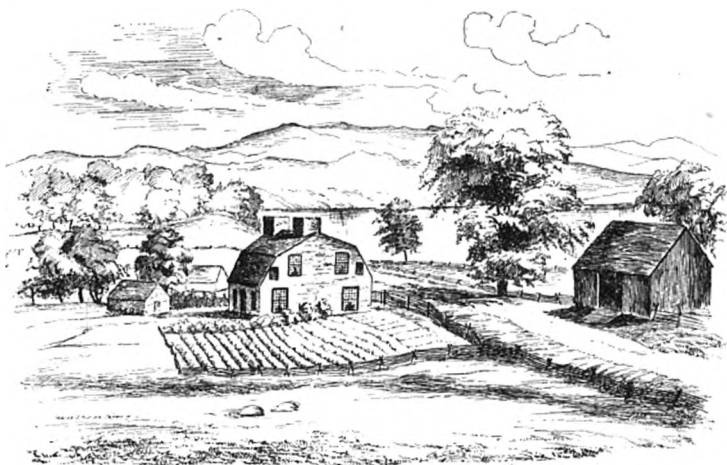


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A SCENE IN SOUTH HERO, VT.

Birthplace of the Editor.

The valley of Lake Champlain presents some of the most picturesque scenery to be found within the boundaries of the United States.

This valley is bounded on the west and south by the state of New York, north by the Province of Quebec and east by the state of Vermont. Lake Champlain is 120 miles in length and from one to fifteen in width, and is bordered by the Green mountains on the east and the Adirondacks on the west. Within the waters of this lake are located numerous islands, which comprise the county of Grand Isle. In the town of South Hero, within the above county, the editor of this journal first saw the light, and the illustration gives the site of his birthplace. A more beautiful spot than is here illustrated his eyes have never beheld.

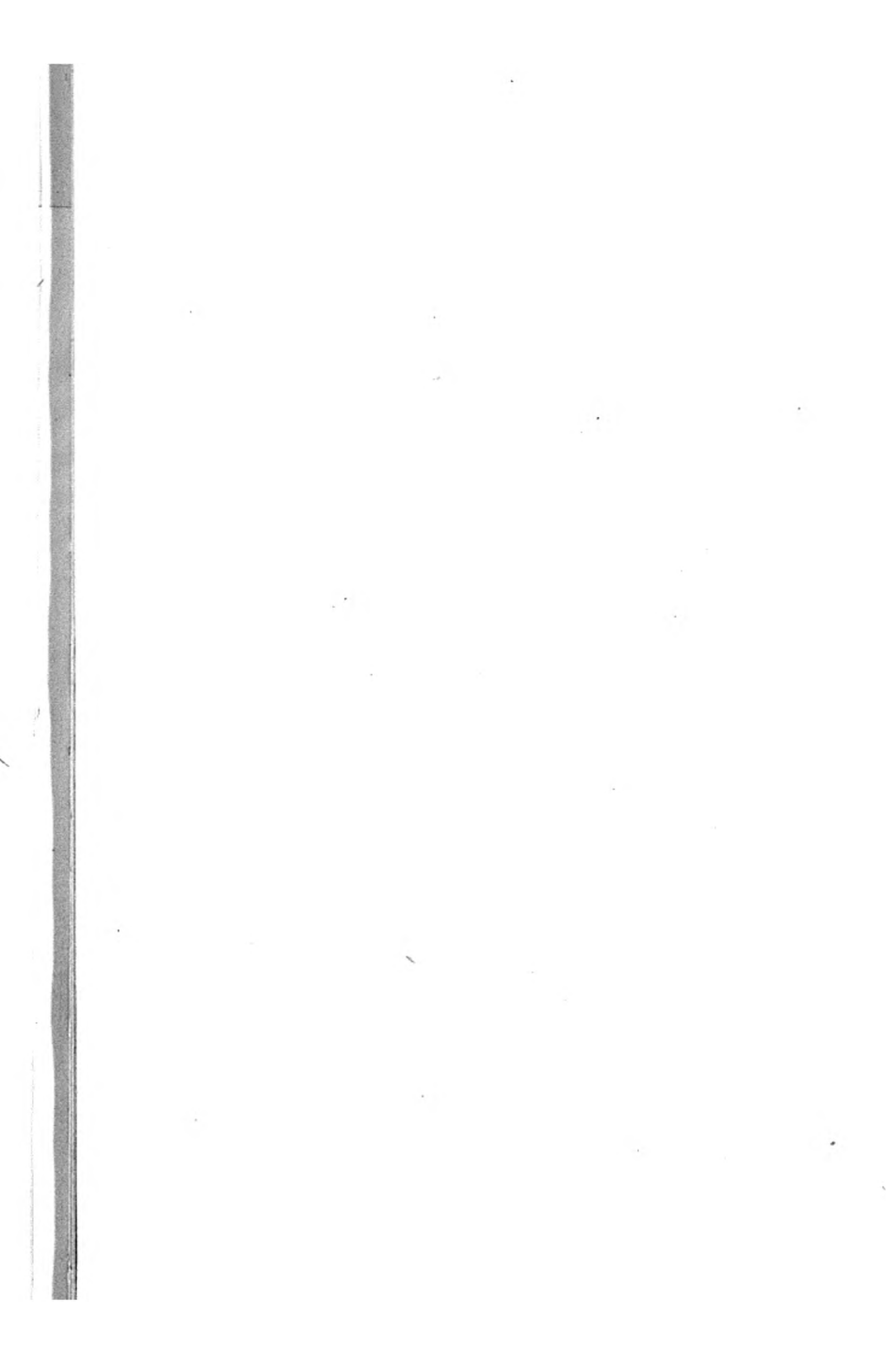
To the east, across the lake, rises Mount Mansfield, the most majestic of the Green Mountain range; to the southwest, the lake lying between, rises the Adirondack range, old white face towering above its companions.

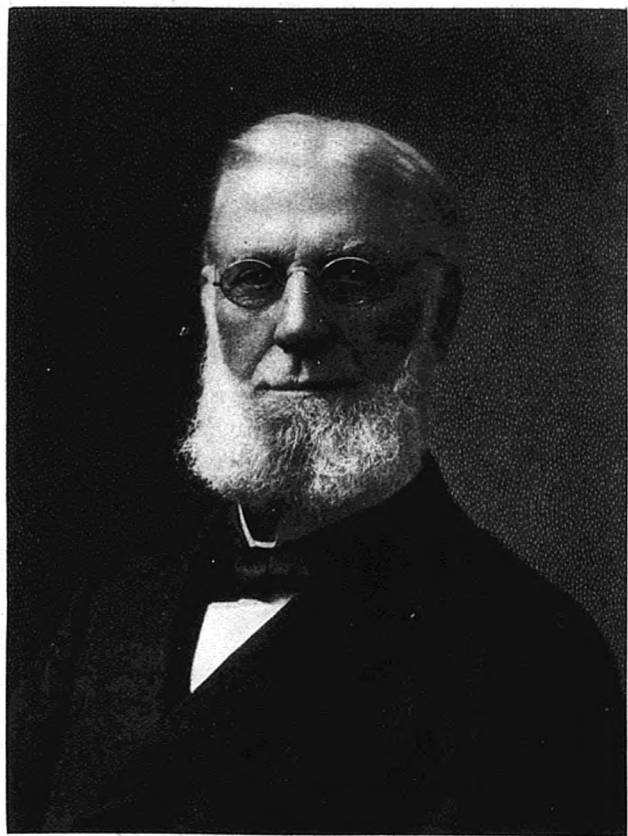
It is to this memorable locality that the mind of the editor reverts when thinking of his childhood days.

It was here that his mother was born. It was here that her parents and grandparents, the Phelps and Pearl families, located, moving from Hartford County (Connecticut) soon after the Revolutionary War.

During the French and Indian wars, the Revolutionary war and the War of 1812, Lake Champlain was the highway between the British colonies in Canada and the States.

The road shown in the illustration is the one over which the editor's progenitors, when children, wound their way to the district school, the village churches and afterwards traveled to and from their business undertakings.





Henry Clay Haddys



FOR ages the destiny of the world, aye, the universe, has been mapped out in the sky, but there have been few of mankind pure enough to interpret the handwriting of the Supreme Ruler. We may only realize through pain and sorrow, that we alone are the builders of our own future and the rulers of our own destiny. May each one realize this fully.---Science and Key of Life.



OUR CONTENTION



It is our contention that through scientific research a key will be found to unlock the mysteries of the ages. Immutable law governs the universe, and this law is divine.

It is man's prerogative to become acquainted with the whys and wherefores of life, and in so doing be master of himself and all the kingdoms of nature. He may achieve all that his ideals conceive, and as those ideals are attained, their superstructure is replaced by those more lofty.

Fellow-travellers! Let us lift ourselves on the wings of possibilities and attain knowledge, happiness and power.

THE STELLAR RAY

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EDITORIAL

An Ideal Government.

It is not impossible that in the upheaval of several crystallized strata of nefarious conditions found both in church, state and individual existence, that the saloon will be relegated to the place of unconstitutional institutions. It is safe to predict that the time will come when the saloon will no more be tolerated than setting fire to a neighbor's house, robbing a man of his weekly wage, or wife-beating, or murder, or an endless catalogue of offenses against the public safety and well being.

It is dawning on the judicial mind that man is naturally a peaceable fellow, kindly inclined toward his fellow-beings unless his animal nature is abnormally aroused and lashed into fury. As he is still within easy hailing distance of his animal affinities, it takes but a few "calls of the wild" to send him bounding back to the ferocity and irresponsibility of a wild beast. The saloon is ever giving out this enticing call and turning millions back into the jungles of beastliness.

Although Theodore Roosevelt has not broached the subject of this special evil in the United States, he has inspired a hope in the heart of the nation's most loyal subjects that it is entirely possible, by wise jurisdiction, to protect a people from its beasts of prey; that it is possible to install a pure government which shall refuse to tolerate anything which tends to degenerate the race.

Such is an ideal government, and it will eventually be accomplished as surely as that winter frosts give place to summer bloom.

The dawn of an ideal government was ages ago and its daylight beams are now penetrating the darkness of every national question.

Selfishness cowers, greed and fraud cringe before it. The ideal government shall nurture and transmute its degenerates into health. Shall shield its unfolding youth from enticement to ruin, shall protect the wage earner and his family from licensed pillage; shall free the bond-slave of habits through methods of wise jurisprudence. This, we say, must come!

To supplement this prophecy we quote below from The Literary Digest of April 6th:

A STRIKING ANTI-SALOON DECISION.

Jubilant editorials are appearing in the religious press all over the country, rejoicing over the decision of Judge Samuel R. Artman, of the Circuit Court of Boone County, Ind., on February 13, to the effect that the saloon is so evil an institution that the State law licensing it is unconstitutional. The religious editors express the hope that the Supreme Court of Indiana will uphold the decision, but the applicant for a saloon license in this case decided to accept his defeat without appeal. To get the matter before the Supreme Court, therefore, it will be necessary to start new cases, and this the temperance forces of Indiana are doing, so that this interesting decision will eventually be reviewed, in substance if not in form, by the higher court.

Quoting a sheaf of decisions from the United States Supreme Court and various State Supreme Courts in which the evils and miseries due to strong drink are dwelt upon, and quoting a decision of the Indiana Su-

preme Court declaring a law permitting prize-fighting unconstitutional because it was "opposed to the spirit of the Constitution," Judge Artman maintained that the evil influences of prize-fighting "are insignificant when compared with the destructive results of the liquor traffic," and he therefore declared:

"In view of these holdings, based as they certainly are, upon good reason and sound common sense, it must be held that the State cannot under the guise of a license, delegate to the saloon business a legal existence, because to hold that it can is to hold that the State may sell and delegate the right to make widows and orphans, the right to break up homes, the right to create misery and crime, the right to make murderers, the right to produce idiots and lunatics, the right to fill orphanages, poorhouses, insane asylums, jails and penitentiaries, and the right to furnish subjects for the hangman's gallows.

"With due appreciation of the responsibilities of the occasion, conscious of my obligations under my oath to Almighty God and to my fellow man, I cannot by a judgment of this court authorize the granting of a saloon license, and the demurrer to the amended remonstrance is therefore overruled, the amended remonstrance is sustained, and the application is dismissed at the cost of the applicant."

The Home Herald, of Chicago (combining The New Voice and The Ram's Horn), publishes a ringing editorial on the decision, probably written by John G. Wooley, the famous temperance speaker and writer. It says:

"When the American judiciary outlaws the liquor traffic the liquor

interests may well tremble. The prohibition crusade is no longer to depend for its support altogether upon the church and the temperance organizations. The conscience of the whole nation has been awakened to the fact that the issues are not merely of moral but of economic consequence, and that the health, the well-being, and prosperity of this great people are so intimately involved in this problem that the solution cannot be left to chance or the doubtful contest of vested interests and corporation greed with out-and-out reform principles. It is now apparent that the saloon is a violation of fundamental law, a menace to public safety, and the prolific mother not merely of drunkenness but a multitude of other crimes, all a source of constant irritation and utterly subversive of good citizenship. The saloon may well look anxiously for arguments when the courts of America and the corporations undertake its annihilation. The citadel of the rum traffic will have been stormed so soon as the supreme judiciary of the United States shall outlaw the manufacture and sale of intoxicating drink, and indict the brewer and licensed dispenser of a crime against the health and safety of the State."

*Unbound Feet
and Fully
Developed
Brains.*

What chance to make headway would a swimmer have if he was deprived of the use of one arm or leg? Man is meeting life's problems with but a portion of his faculties in use and he is handicapped in his prowess.

The faculties which are now of comparatively no practical use to a man are those of perception and realization, although they exist as a part

of his mental equipment, as is the power of taste or sight, they are rarely in a normal state of development.

While man's reasoning powers have been developing, he has bound himself here and there and the fettered parts have become atrophied, as the Chinese bind the feet and go hobbling through life. Of course mind had its choice and it chose limitations instead of freedom, but in the course of its evolution it has awakened to its state of perversion and is seeking a way to secure the faintly discerned goal of greater power through unbound feet and fully developed brains.

It is entirely possible for a human being to perceive clearly and realize fully what is for its best good, physically, mentally and spiritually, and he will eventually be able to attain this developed state and look back upon his present condition as he now does upon the life of the aborigines.

* * *

How to Attain Superiority.

To replace mediocrity by superiority in the human family may be done by constantly holding before mediocrity the ease with which superiority may be attained and its great desirability.

Mediocrity plods. Superiority moves with ease and swiftness. Mediocrity grinds. Superiority lives its ideals, moulding its activities by them.

Mediocrity may be transmuted into superiority—sometimes instantly as in life's crises, or it may require months or ages.

The fledgling eagle is the personification of mediocrity among birds. Within a few months, however, he becomes the emblem of superiority among feathered tribes. What caused the change? Simple growth accord-

ing to the laws of its being. Superiority in humanity comes in the same mysterious way.

The eagle represents one phase of unfoldment; man represents all phases of development. As his career is followed by the finger of science, it points out that the superiority of all of the kingdoms of life are transmuted into man.

The first law of life is absorption, then activity. The vegetable absorbs, then produces. Minerals also, through ages of concrete existence. The fish in its aquatic realms; the beast in the jungles; the fowls of the air first absorb, then produce. Man having absorbed from all life, is thus composed of all life's expressions.

How is this known? By observation and analysis. We find men to contain the same chemical properties found in the vegetable world. He is large part animal. His fish-like attributes are readily observable, and he evinces the bird propensities in his flashing about through space, both physically and mentally.

The unfoldment of human life is a subject of such breadth, depth and height as the universe itself, but it is as simple as it is to breathe. Observation and analysis reveal that the undeveloped human brain cells do not respond to nourishment, but that they do evince activity when the body is sufficiently oxygenized by proper respiration. Consequently the whole vast subject is resolved into the simple matter of correct breathing. For man to breathe with all of his breath organs (mental and physical) means that the still latent powers of humanity shall be unfolded as naturally as the fledgling becomes the king of birds. Then mediocrity shall become superiority as naturally as the bud unfolds to beautiful bloom.

*Russian
Despotism.*

In an address delivered by Mr. Kennan before the meeting in behalf of Russian freedom held in Carnegie Hall, New York City, on March 4th (*Stenographically reported for The Outlook*), Mr. Kennan quotes Mr. Edward J. Phelps, former minister to Great Britain. Mr. Phelps said:

"The theory upon which our system of government rests is that mankind possesses certain natural rights, usually described as those of life, liberty and property, indispensable to human freedom and happiness; that these rights are not derived from, but are antecedent to, government, which is instituted for their maintenance as its first and principal object; that government can never be allowed, therefore, to infringe or disregard these rights, nor to fail to offer redress for their invasion; and that when it ceases to respect and uphold them, the obligation of allegiance terminates and the right of revolution begins.

"These constitutional principles are of perpetual duration and of perpetual authority; because the natural rights which they maintain are of perpetual obligation.

"No change of time or circumstance, no new discovery of political science, no modification of the forms of government, can affect their validity or restrict their control."

Mr. Kennan continues his address by saying that "If Mr. Phelps had been a subject of Russia instead of the United States, and if he had spoken these words before the Juridical society of Moscow, he would have been arrested in less than twenty-four hours, would have spent three or four months in solitary confinement, and then would have been sent to Siberia

as a political criminal of the most dangerous type, having the impudence and audacity to assert that there is such a thing as the right of revolution." Mr. Kennan then shows conclusively that the Russian government cherishes neither the life, liberty nor prosperity of her people, and quotes a Russian governor who says: "We are not obliged to reckon with public opinion."

"In the present state of international relations, and under the existing code of international law, it is impossible, perhaps," continues Mr. Kennan, "to interfere with the domestic affairs of another, but it is not impossible for us, as free citizens, to extend a hand of sympathy and help, and to shout God-speed to those suffering millions who are struggling for freedom on the other side of the Atlantic."

The speaker illustrates the sympathy and admiration with which they look to the United States of America as the realization and embodiment of all that they hope for in Russia by relating a pathetic instance of three hundred political prisoners confined in a great prison in St. Petersburg, all in separate cells, but secretly in communication by means of the "Knock alphabet." For weeks red and blue handkerchiefs, shirts and flannel drawers were brought the prisoners in quantities not to excite suspicion by visiting friends; also cheap tallow candles. The colored garments were torn into strips and the candles cut into inch lengths and distributed throughout the prison. On the morning of the 4th of July, 1876, two hours before the first daylight cannon announced the beginning of the great national celebration in Philadelphia, hundreds of small, rude American flags or strips

of red, white and blue cloth fluttered from the grated windows of the politicals around the whole quadrangle of the great St. Petersburg prison, while the prisoners were faintly hurrahing, singing patriotic songs, or exchanging greetings with one another through the iron pipes which united their cells. The celebration, of course, was soon over. The prison guard, although they had never heard of the Declaration of Independence and did not understand the significance of this extraordinary demonstration, promptly seized and removed the flags and tri-colored streamers.

Some of the prisoners, however, had more material of the same kind in reserve, and at intervals throughout the whole day scraps and tatters of red, white and blue were furtively hung out here and there from cell windows or tied around the bars of the gratings. Late in the evening, at a preconcerted hour, the politicals lighted their bits of tallow candles and placed them in their windows, and the celebration ended with a faint but perceptible illumination of the great prison quadrangle.

There seems to me to be something infinitely mournful and touching in this attempt of three hundred political offenders to celebrate together, in the loneliness and gloom of a Russian prison, the centennial birthday of a free people.

"What little they could do to show their devotion to the cause of freedom, and their sympathy with a freedom-loving people on the centennial anniversary of that people's emancipation, that little they bravely did; and the spirit by which they were animated transfigured their pitiful celebration, with its tri-colored rags and its paltry bits of candle, and made it infinitely more significant, in the

world's history, than all the pomp and ceremony that attend the coronation of a Czar."

These people are our brothers—struggling for freedom, and we agree that "such people as these are deserving of our sympathy, pity and help, for they have ideals for which they are ready to die."

The Russian nation is undergoing a refining process, and when her afflictions arouse her to realization of what her destiny is and how she may attain it, then will her better condition come. She is destined to become one of the greatest intellectual and civic powers of the earth.



Obedience to law is much less difficult than opposition to the law. Even a school boy knows it. But the law of growth which caused men to exist, also caused him to choose his own course and to learn by experience. He has chosen to combat every law and the ages are teaching him to give up the battle and to work in harmony with law.



The Choice. An all-powerful wisdom has ordered that growth shall be through individual choice and effort, from the infinitesimal molecule to the suns that travel space. There are crucial periods in the existence of each atom when its choice carries it steadily onward to finer expression, or it vacillates, turns here and there and permits itself to be whirled hither and thither as a splinter on the surface of a rushing river, backward to the shores of time, where through ages of experience it becomes wiser and chooses the pure, majestic, harmonious current of life and sweeps onward to the blessed haven of wisdom's choice.

*Business
Turmoil.*

Speaking of the doleful prognostications of future calamities, which are dealt out at regular intervals, we ask, was there ever a time in the existence of this surging metropolis, the earth, when there was not the turmoil of strife, the crashings of calamity, followed by lulls from their reverberations; then by the hum of busy marts the song of happy labor, the chant of funeral dirge, and the howl of defeat or the shout of triumph in conflict? You answer "No," for such is the law of growth. The human being who is properly poised exists above all turmoil as a buoy near a rock-bound coast rides the storms on the crest of the waves unharmed, because anchored and yet free. Anchored in faith in the Supreme Goodness which rules the universe, and thus free from all harm.

A properly poised man is not fearful of the fluctuations of business life, nor of calamity's stroke. Evil glides by him. He never wants; his needs are supplied.

Why cringe and cower and quake and brood over dire possibilities, instead of calmly resting on the majestic depths of almighty love! Resist not. Fear not. Realize that wisdom created, wisdom controls, and resolve that wisdom shall have its way in all things that pertain to your individuality. That your will is one with the power that created you for a wise purpose. Then go calmly about your daily routine. A sense of peace will pervade your being, your fears will be dispelled, better conditions will gradually appear, your

judgment will become more reliable for yourself and others. Surely it is worth while trying the experiment of confidence in creative wisdom.

We may ask, then, what is the object of life? Few see aught but sixty or seventy years of struggle, and at the end have a little experience, generally bitter, bitter because it has come too late to be of service. We have learned that it is better to do unto others as we would they should be unto us; that humanity, love and the spirit of brotherhood are the only qualities which exist, without change, throughout our years, and ere we can apply it, we have to leave. If we could only begin life with the knowledge how differently we would have faced the position.—*Science and Key of Life.*

*It isn't raining rain to me,
It's raining daffodils,
In every dimpling drop I see
Wild flowers on the hills.

A cloud of gray engulfs the day
And overwhelms the town.
It isn't raining rain to me,
It's raining roses down.

It isn't raining rain to me,
But fields of clover bloom,
Where any buccaneering bee
May find a bed and room.

A health, then, to the happy—
A fig to him who frets.
It isn't raining rain to me,
It's raining violets.

—From *The Business Philosopher.*

CONTRIBUTIONS AND SELECTIONS

Spirits as Warriors.

From the World's Advance Thought and Evening Telegram.

Mutsuhito, the Emperor of Japan, is in his 55th year, a mature age, and one in which the greatest plans may be carried out in the life of any man. In a dispatch to Togo after the naval engagement of the Sea of Japan, in which he graciously commends the officers and men for their bravery, he used certain words which were translated as follows: "We are glad that by the loyalty of our officers and men we have been enabled to respond to the spirits of our ancestors."

The following was Togo's reply: "That we gained a success beyond our expectations is due to the brilliant virtue of your majesty and to the protection of the spirits of your imperial ancestors, and not to the action of any human being."

These words are from the heart, having been written in the hour of high excitement at the end of a great and decisive battle. These men do not use the words which are translated "spirits of ancestors" on any but the most sublime occasions. These words are almost never uttered. They are too sacred for utterance.

At Mutsuhito's court are spiritualistic adepts, or, rather, perhaps, artists in occultism. Their office is similar to that of a priest of the ancient mysteries, such as those who officiated in the temples of the Sun, Jupiter and Saturn under the kings of Egypt. Through this priesthood Mutsuhito habitually converses with the dead but living ancestors in his dynasty. His ancestors, dead as to the world but living in a spirit realm, advise

him in every action, and his whole endeavor is an attempt to respond adequately to their every desire.

The battle of the Sea of Japan was won solely in virtue of the operation of spirits of the dead, so Mutsuhito believes.

And how much of this is error? Careful investigation seems to lead towards the idea that the Japanese occultists are really in possession of some to us unknown universal law of spiritism. It can be shown that they know something which we will not believe it possible for any human to know.

George Washington was several times found in a strangely preoccupied condition on his knees at midnight conversing in an incoherent manner with an invisible presence.

Abraham Lincoln was a mystic, and after his first election repeatedly hinted that he bore a divine commission. He predicted his own death from a funeral procession that he saw in a trance.

* * *

A Brief History of Hypnotism.

Hypnotism was preceded by what is still known as mesmerism. I am not speaking of the thing itself, but of the name. For that which is now known as "hypnotism" we could trace back as far as the writing of Paracelsus, and even to a more remote period, and then not discover its true origin. In fact, hypnotism, although not known by that name, antedates the Christian era; but to Dr. Franz Anton Mesmer is due the credit of having first brought the subject to the attention of the scientific world—for which he paid dearly.

After becoming imbued with the

spirit of astrology, and attributing his cures to an electrical and planetary influence, he changed his views and called it "magnetism."

At that time (1776) he discarded the use of artificial magnets, with which he stroked the body, seeing that the same results were being accomplished by one Gasener, a Catholic priest, simply by manipulation. Dr. Mesmer saw fit to call this "animal magnetism," but his followers prefer the term "mesmerism."

Two years later all Paris was thrown into a state of the wildest excitement by the marvelous effects of his method of treatment and the many wonderful cures that resulted.

While the medical fraternity and committee of investigation were obliged to acknowledge the cures he had wrought, they denounced him most bitterly because of his "fluidic" theory, and claimed that the cause was "purely imagination."

All this trouble and annoyance was caused by mere theory and infringement on the sole right of "the regulars." This status of affairs has not changed much, even to this day and generation. What mattered either theory or cause providing it was harmless and the results beneficial? Facts are facts, the how but a mere incident. The final outcome, as far as Dr. Mesmer was concerned, was disastrous to him, as he was forced into exile, and died in 1815.

A number of years passed during which time the subject was agitated again and again, but without definite or satisfactory results, until Dr. Braid, of Manchester, England, discredited the "magnetic fluid" theory, and, by placing the cause on a physical basis, gained the confidence of the public (and the physicians) to such an extent that the subject was at last

acknowledged to be within the domain of the exact sciences.

The next important step was to find a name to fit the theory and to meet the prejudices of the medical profession. Inasmuch as the result of the mode of treatment produced sleep, or a condition thereof, the word "sleep" proved a key to the solution, hence the word "hypnotism," from the Greek radix 'hypnos,' signifying sleep.

From the beginning various schools have sprung up, each with its own theory, but the results practically the same. The two best known and thoroughly established are the Nancy (founded by Liebault) and the Paris (by Charcot). The one known as the Mesmeric also has many followers.

To Liebault, more than to any other man, is due the credit of discovering the underlying principle, the master key to the whole situation. It is summed up in that one word "suggestion." This word, Dr. Hudson claimed, will unlock the secrets of every psychological mystery. All hypnotic phenomena are the result of "suggestion" in some form.—By Edward B. Warman, A. M.

* * *

Man May See Into the Future.

We may see without eyes and hear without ears, not by unnatural exercise of our senses of vision or hearing, but by some other sense psychic and mental. The soul by its vision may see not only what is passing at a great distance, but it may also know in advance what is to happen in the future. The future exists potentially determined by causes which bring to pass successive events. Positive observation proves the existence of a psychic world as real as the world known to our physical beings.—Camille Flammarion.

Life Insurance vs. Savings Banks.

Is an investment in life insurance a sound business proposition?

Its object being the protection of the family by providing the means of support to those dependant upon the savings of the bread winner; when that source of revenue is cut off, the larger these savings the better the protection.

While it is true that for those who insure their lives when young, so as to have the benefit of low premiums, in case of early death the returns are ample and the benefit derived from the insurance could not be realized through savings. On the other hand, if the life of insured is prolonged, as a speculation or investment his insurance proves a costly failure.

Inasmuch as to obtain insurance the applicant must present every indication of prospect of long life, it follows that, barring the unforeseen, death is not to occur within the limits allotted to mortals. On such condition the companies rely to grant the insurance, and each and every year payments of premiums must be made on life policies, in many cases for lengthy periods. As a matter of course these payments increase the cost of the insurance as the years roll by, but in no way alter the results, the face of the policy does not increase.

We have in mind the case of a life policy taken 36 years ago, the premium being \$235.90, on which a loan of \$101 was obtained from the company at interest of 6 per cent, to help pay the first premium. This interest having been paid every year, the company has received \$218.16, or \$117.16 more than the amount loaned.

The premiums paid during these 36 years foot up \$7,951.40, plus \$218.16

interest on loan. At the death of insured the beneficiary will receive \$10,000, plus a dividend, minus the \$101 loan.

As the insured is still enjoying the best of health, it seems probable that for many years to come he may be called upon to increase the assets of the company, thus adding to the cost of his insurance.

It should be stated, *en passant*, that the company referred to lay claims to being the most conservative and best managed one in the country.

Savings banks' doors are wide open. All depositors are welcome, regardless of the state of their health or their mode of living. In the instance cited above, had the amount of premiums paid been deposited in such institution and left to accumulate at compound interest it would now represent a sum of over \$25,000, reckoning interest at 5 per cent.

Too much stress is laid upon "making money," too little on saving it. This virtue should be cultivated and can easily be acquired. Children in their very infancy should be taught to be saving. This wise quality will develop itself and produce results that cannot be overestimated.

Is anything more wonderful than another, if you consider it maturely? I have seen no man rise from the dead; I have seen some thousands rise from nothing. I have not force to fly into the sun, but I have force to lift my hand, which is equally strange.—*Carlyle*.

"Kindness and consideration will compensate for a multitude of shortcomings."

Our Brother, the Criminal.

Rev. William Van Allen Makes Stirring Plea Against Capital Punishment.

Many men and women assembled in the State House this morning at a hearing on three bills bearing upon legislation to change the punishment for the crime of murder.

Hon. Herbert L. Baker appeared for the Anti-Death Penalty League which, he said, had behind it such men as Vicar General Byrne, ex-Governors John D. Long and J. Q. A. Brackett, Rev. William H. Van Allen, S. T. D., Robert Treat Paine, Edwin D. Mead, Hon. Willard Howland, Hon. C. A. Marden, Colonel Thomas Wentworth Higginson, Rev. Edward Horton, District Attorney Moran, Rabbi Charles Fleischer, Rev. William Hyde, D. D., ex-Attorney General Pillsbury, Rev. Francis H. Rowley, D. D., John B. Martin, Rev. Joseph G. Anderson, Hon. Chester W. Clark, President Pritchett of Technology, and President Gasson of Boston College.

Mr. Baker said: "I am here today to espouse the cause now and forever for abolition of capital punishment. This year the league asks for legislation to modify the penalty for the crime of murder in the first degree, in order to meet the views of more conservative persons who would be pleased to see Massachusetts adopt uniformity of law according to the United States statute of allowing juries to qualify first degree murder verdicts by adding 'with or without capital punishment'; such statute created in the reign of President McKinley and applied in the celebrated Bram case. It has worked well in many States. Georgia, West Virginia, North and South Dakota, Ala-

bama and others. As a deterrent life imprisonment meets all the ends of justice."

Mrs. Florence Spooner, the ardent champion of this cause, spoke briefly on her petition, which is a new and modified form of those she has framed for many years, and presented to this committee in the hope that this State will take its stand among those where human life is held sacred.

Rev. William Van Allen declared the present law no deterrent to crime. The right of the State is undoubted, but he questioned the expediency of executing that right. He referred to the death penalty in primitive society, and of its diminution with the processes of civilization. The old emphasis was upon the vindictive aspect of justice, whereas, he declared, men are becoming more and more to consider reformatory measures instead of those that are debasing. If it could be clearly shown that absolute justice and wisdom would be given an accused man, the problem would be different. "But (he questioned) has man absolute wisdom and justice? God has, but it is a terrible hazard for human courts to take His prerogative of life and death, without His power to reconsider."

Dr. Van Allen mentioned, in the course of his argument, the errors that are discovered when too late, the impossibility of taking all the conditions of a prisoner's life into account, etc. Society, he declared, is largely responsible for criminal conditions. Many lives are poisoned by that which the State allows to be sold in low saloons. Evil inheritances, too, must be considered. There is a more charitable, more economic and more fraternal course, toward "our brother, the criminal," he said. He felt it would be better to set a

murderer to work for the bread which his innocent family must eat.

Hon. Willard Howland, Hon. John Read, Rev. William Hyde of Weymouth, Rev. F. W. Pratt of Hopedale, Thomas Vahey and Representative Thomas L. Davis of Salem, spoke in favor.—*Boston Transcript*.



Concerning the Boy.

Boys are the stuff of which men are made.

The kind of a man he will make depends largely on the treatment he receives when a boy.

Some men do not reflect much credit on the original "stuff."

Perhaps in the making the "stuff" was soured.

The knocks some business men hand out to the boys are in a measure responsible for the souring.

Boys are not of the genius invertebrate; they have red blood, muscles and nerves, which require rest, sometimes.

They also have what we call "feelings," i. e., a certain kind of "emotion" which responds to courteous treatment and re-acts in kind.

Some men in the street cars who wear labels on their caps seem to think that boys are made to receive the sewage of language they dare not deposit elsewhere.

Kicks and cuffs, mental and physical, make hardened men and criminals.

To be sure "he's only a boy," but he's mighty useful if there are errands to run, kindling to split, coal to carry, and things to do too numerous to mention.

A good hot meal instead of scraps and left-overs will go a long way toward easing the hard lines of a boy who has left school to add his mite to the family income.

And yet the stomach may be full and he be starving for heart food. A place to eat and sleep does not always fill the boy's idea of a home.

A comfortable room with a few pictures, instead of a 'shake down' in a dusty attic, would make him less awkward.

"Woman's inhumanity to woman" is not a bit more apparent or harmful than the average man's inhumanity to boys.

Blows, cross words, curses and contempt to the boy bear an abundant harvest in the man.

Mothers, don't put all the gim-cracks in the girl's room, and then scold the boy if he trips over the rug and drops the bric-a-brac.

Girls, treat your own brother with at least *some* of the respect and consideration you do some other girl's brother. Perhaps it might keep him off the street for an evening now and then.

Perhaps after a long tramp with a heavy bundle the boy might appreciate a chance at a seat in the street car.

If the world is to move on higher lines, the work must be done by those who now are boys. Give them a boost instead of a knock.

Civil treatment from an employer (who perhaps never was a boy) would make him feel as if he had a right to be.

Parents, the boy may be a machine, but he is human, and sometimes the hearts of onlookers bleed at the sight of injustices they are powerless to correct.

There are some things that sting worse than a "black snake," which the boy is powerless to resent or to overcome.

Sometimes he begins to feel as if there had been a mistake in making

him a biped similar to the creature who appears to think he has "right of way."—*Olive Verne Rich.*

"God give us men. The time demands
Strong minds, great hearts, true faith
and willing hands;

Men whom the lust of office does
not kill;

Men whom the spoils of office cannot
buy;

Men who possess opinions and a
will;

Men who have honor; men who will
not lie;

Men who stand before a demagogue
And damn his treacherous flatteries
without winking;

Tall men, sun-crowned, who live
above the fog

In public duty and in private think-
ing!"

—*J. G. Holland.*

In the whole course of our observation there is not so misrepresented and abused a personage as Death. The shortest life is long enough if it lead to a better, and the longest life is too short if it does not.—*Colton.*

The understood is but a small domain of our knowing, and the apprehended is greater than the comprehended. Is it said that we do not know God? True, we do not know all about Him, but we know something about Him:—and we do not know all about one another, but we know something about one another.

The understanding is the vestibule of the mind! Uncover thy head, and enter the temple of the soul! Behold the power, the beauty, and the love! If we had nothing but understanding how little should we know or think or feel!—*Horatio Stebbins.*

Photographs by Wire.

Professor Korn, of the Munich University, has greatly improved his apparatus for transmitting photographs over telegraph wires, says a Berlin telegram dated November 18. He has succeeded in sending photographs and sketches six or seven inches square in this manner from Munich to Nuremberg, a distance of 100 miles, in from ten to fifteen minutes. The professor says that precisely the same results would be obtained if the photographs were transmitted over a telegraph line of any length.

The photograph which has to be transmitted is placed on a transparent glass cylinder, which revolves slowly and at the same time moves from right to left. A ray of light is thrown on the cylinder by means of an electric lamp and lens, and when the ray of light reaches the interior of the cylinder it is brighter or darker, according to the coloring of that particular part of the photograph over which it passes. Inside the cylinder is some selenium, which transmits electrical current in proportion to the intensity of the light brought to bear on it. The selenium transmits current more rapidly in bright light and less rapidly as the light decreases. The selenium is connected with the wire over which the photograph has to be transmitted.

The receiving apparatus consists of an electrical Nernst lamp placed inside a glass cylinder covered with sensitized paper. The lamp burns more or less brightly, according to the varying current transmitted through the selenium at the other end of the wire. It thus reproduces the exact shade of the original photograph, provided that the cylinders at

each end of the wire revolve at exactly the same speed. Professor Korn has invented a means of regulating the revolution of the cylinders so that the speed is identical at both ends. Further improvements to the apparatus will shortly enable a photograph to be transmitted within two minutes.

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Science in Australia.

Australian life is many-sided. This truth is emphasized from time to time by the organizations and associations which have been brought into existence to represent the various interests of the people. It is sometimes urged against us as a reproach that the love of pleasure is abnormally developed, and that too large a portion of our time is devoted to its pursuit. Possibly there may be room for criticism in this connection, but the impartial observer will admit that there is a serious side to life in these sunny lands which goes far to adjust the balance, and which denotes that Australians are alive to the great intellectual movements of the world. In all the settled parts of Australia there exist societies of a more or less scientific character, whose members take up the study of some branch or branches of knowledge and engage in systematic inquiry.

The Australian Association for the Advancement of Science, which has been in existence for about nineteen years, has a real mission which it is well fitted to perform. To bring to one center a large number of persons interested in the same or kindred work, under conditions enabling them to review and discuss matters that present difficulties and to compare methods and results, is a practical way of fostering the spirit and aiding the advance of science.—*The Adelaide Chronicle, Australia.*

Occult Phenomena Before a Court of Justice.

While I was in India I knew of a native who lost a bag of money by theft. He went to a "medium" for advice, and this sorcerer took a stick (divining rod) in his hand, which then pointed in a certain direction. He then went, accompanied by other persons, in the direction indicated by the rod, and thus they came to a certain pond. In this pond was found submerged in the water a pot which contained the stolen bag with money. Thus the native recovered his treasure, but the matter was talked about, and the man with the divining rod was arrested for theft and brought before the court, where he was tried and sentenced to several years imprisonment in penitentiary; for it was said that he could not have found the place where the money was hidden, if he had not himself been connected with the robbery.

It seems to be true that even judges and doctors should learn something about the "finer forces of nature" and the faculties of the "inner" or "astral" man and his relation to the external physical organism. The power of the divining rod, which only a short time ago was made an object of ridicule by academical science, begins to be recognized, since in the desert countries of Eastern Africa wells have been discovered by such means.

I have not only seen the divining rod move in the hands of other persons, but it also moves in my own. and when it begins to turn, it is not in my power to prevent its turning, however firmly I may hold it. This would go to show that the turning is not caused by any unconscious muscular action, but rather by some in-

visible or "magnetic" influence acting upon the astral body of the holder and through his nervous system upon the rod. It would be interesting to know whether all the persons capable of finding water by means of a divining rod are born under a watery sign.

On the other hand, those who are apt to find metals by means of the rod may be born under a fiery sign. There was a man in Colorado a few years ago who was very successful in locating mines by means of the rod. One day I hid a piece of gold, one of silver and one of copper, each in a different place. This divining rod led him to find first the gold, next the silver and lastly the copper. This would go to indicate that there was behind the mechanical action of the rod an intelligent force to direct it.—*From the Occult Review, 164 Aldersgate St., London, Eng.*

* * *

A Philosophy of Death.

When we know what Life is, we are in a position to comprehend the meaning of Death.

Scientists are holding their breath while it dawns upon them that thought is electricity; that all matter when subjected to the minute examination which extends to atomic divisions, is—*electricity*. A step further and they will gasp at the inevitable conclusion that *Life* is also a form of this all-pervading energy, and *breath* its vibratory manifestation.

This life energy first created an animal organism amidst the water waves of the ocean—the "wild waves," that with no ear to hear them were saying unutterable things of the *power of vibratory motion*. They have been discoursing eloquently upon the same theme ever since, and yet we ask, "What are the wild waves saying?"

The human body is a *system* of nerve matter and blood corpuscles, protected by the grosser tissues, through which thought and life are converted into mechanical energy.

The gray nerve matter of the brain is the medium through which thought energy acts.

Will, the positive phase of life energy, is conveyed by the motory and sensory nerves. I find by referring to "Steele's Physiology" that "this unknown force in some respects resembles electricity, but in others differs materially. Its velocity is about 100 feet per second."

Feeling is the negative phase of life energy, and acts through the blood corpuscles. The action of these two opposite phases of force sustains the breathing process and the circulation of the blood.

Will force is centered in the brain and feeling in the heart. Feeling is not merely sensation. It is the stronger, deeper power that moves mobs to violence and audiences to tears; that draws a bystander into a line of howling dervishes and sets him howling and swaying his body as they do. It impels the religious convert to shout, and makes the kitten play and the maiden dance for very joy of living. It is the love that "passeth understanding" and the hate that drags man down in the scale of evolution.

We do not breathe air merely. We breathe electric energy—life energy. "Breath is Life."

Animate life and thought, regarded as forms of wave energy, enables us to understand much that has been considered inexplicable. Being forms of wave energy, their vibratory manifestation must possess all the characteristic properties of wave motion. Now, a "leading character-

istic property of wave motion" is that which is illustrated in the phenomena of interference of sound.

When sound waves meet in opposite phases, so that the crest of one falls into the trough of another, silence results. When water waves meet thus, smooth water is occasioned, while where light waves are concerned, darkness is produced.

In the case of thought waves meeting in opposite phases, *unconsciousness* ensues, and of life waves—*Death*.

The sound waves are there, but we cannot hear them; the light waves are there, but we cannot see them; the life waves are there, but they have passed beyond the range of sense perception—into the silence and darkness of death.

IDA B. LYON.

It has been well said that "In much of the world's best work the unconscious element is the most precious." A man's life-work may be a failure, from human standpoints, even from his own standpoint, and yet an invisible something has been added by him to the priceless stock of human worth and fidelity. This general truth is a consolation to lift us over many a stage of broken and disappointed hope. Life would mortify, and passing years terrify, were it not for the faith that Providence has far more to effect out of every sincere life than we can count or measure.—*T. L. Eliot*.

Where faith in the spirit is absolute, failure is impossible; it is the trembling faith that fails; it is the anxious mind that falls down; and the material thought that obstructs the way to complete emancipation.—*Eternal Progress*.

Soaring and Paying Cash.

"What a fine lot of potatoes!" exclaimed a city visitor to her farmer host, as the two stood together looking out over an expanse of luxuriant green plants.

"Fine!" answered the farmer, with more earnestness than polish of speech. "The hull lot ain't wuth a tin penny. They've all run to tops and no taters. Things have to have some bottom to 'em to look nice according to my way o' thinkin'."

Without recognizing himself as a philosopher the farmer voiced the feeling of the vast majority of us when he declared that "things must have some bottom to look nice."

And yet we all love "tops," luxuriant, healthy-looking tops. We all enjoy, yes, need, soarers, and need to be soarers ourselves. We love and are inspired by the mounting bird, the boughs that blow upward to meet the bending sky, the mountain peaks that draw the heart as well as the eyes from the lower earth. We must, to be our best and so to do our best, live in the upper chamber of our being, where the Christ in each of us breaks the bread of promise and pours the wine of renewal.

Sensible, honest, satisfactory soaring is made legitimate and possible only by sensible, honest, satisfactory serving, which is life's cash paying. Living is the primal, fundamental thing; talking, the accidental or incidental. We have great art, great literature, great plays, because men and women have lived greatly, not because they have talked fluently.—*Lida A. Churchill in the May Delin-eator*.

"Let us remember that God never hurries, and is never late."

HEALTH AND HYGIENE

A Few Rules for the Maintenance of Health Taken from The Herald of Health, London, Eng.

When faint for food take a nutrient, not a stimulant.

Never eat idly or between meals.

As a rule never eat less than two nor more than three meals daily, and take some fresh ripe fruit at each.

Never eat when fatigued, but rest till actual exhaustion is relieved and a sense of hunger is expressed.

"Eat slowly and chew well," reducing all food to a liquid, as nothing can be assimilated except when in a soluble condition. Have artificial teeth if your own are useless or lost. Be moderate in the quantity and particular in the quality of all food. (Remember that every grain of food taken has its mission for good or evil upon the organism.)

Observe regularity in eating, drinking and sleeping.

Keep all food covered from air germs and dust, moths and other insects, also from being fly-blown, or contaminated by vermin; never buy food that has been exposed for sale, and never eat food that is the least bit musty, mouldy, or tainted.

Eat the foods that are in season.

Employ waterless cookery whenever possible, that is, cook fruits and vegetables in their own juices, or in the juices of other vegetables or fruits, thus using only organic, instead of inorganic water.

When water is used for cooking purposes, let it be either distilled or boiled.

Use chinaware for cooking fruits or acid vegetables.

Supply the fluids needed by the body as much as possible with the organic waters got from fruits and vegetables. Drink boiled water when you cannot get distilled.

Learn to sleep on your back, with limbs straight and muscles relaxed, also without a pillow if it is possible to do so in comfort; otherwise lie one half of the night on one side, and the other half on the other. Learn to sleep with your mouth closed.

Sleep as many hours as you find necessary to completely recuperate your strength, and, as near as possible, take half of these hours before and half after midnight.

Accustom yourself to rise from your bed as soon as you feel fairly rested and refreshed.

Avoid using artificial light as much as possible.

Insist upon the bowels having at least one full and free action daily. Regulate this by diet and exercise.

Wash or bathe the body at least every twenty-four hours in cold, warm or hot water, according to your condition of health; bathe the whole body, including the head in hot water at least once a week. Never use soap except for the hands.

Give your bare body an air or sun bath whenever you can.

Clothe in undyed all-wool, all-over-porous material, whether for underclothing or linings, using colored stuffs only for upper or outer garments. Have all underclothing washed at least once weekly, and oftener, if subject to odorous or excessive action of the skin. Do not sleep in any clothing worn during the day. At night hang all day-clothing up (outside the sleeping apartment if the room is small or crowded,

and it is convenient to do so), where they will get well aired separately, and turned inside out; do not wear garters, waist bands, or corsets; have boots made to fit the feet, with wide soles and broad, flat heels; do not wear mackintoshes or starched clothing; have waistcoat linings of wool; wear a combination garment first; have each petticoat made with a bodice and skirt in one; also the dress foundation as in the princess-robe form. The rule is so to choose and fashion your clothing that it retains the greatest possible amount of heat with the least possible weight. Regulate the amount according to health and weather temperature. Avoid black or dark shades for clothing or drapery. An average of from 4 to 7 lbs. in warm weather, and 7 to 10 lbs. in cold should be sufficient.

Go barefoot when it is safe to do so, or wear sandals when convenient and the feet can be kept comfortably warm.

Furnish the sleeping apartment with single beds, with wire or spring lath frames, upon which place a horsehair, wool or woven wire mattress. Do not have a feather bed on this. Let all right clothing and bed covering (except, perhaps, the sheets) be all wool, and light in weight; do not use close, heavy, cotton quilts, eider down, or fur rugs; have windows open night and day and protect from draughts by screens, and from cold by head coverings; do not have gas, lamp, candle or night-light burning in your sleeping room, or standing soiled water. Keep drinking water covered.

Systematically exercise every muscle of the body daily; but do not produce a sensation of exhaustion or weakness. Practice deep breathing, and always through the nostrils, with

closed mouth. Stand or sit erect with chest raised, shoulders back and abdomen drawn in. Walk several miles daily, but never to exhaustion.

Keep the brain young by daily memorizing and studying.

Live in the open sunny air as much as possible.

Avoid the lung-poison air of crowds in confined spaces.

Employ yourself from six to eight hours daily in some useful and non-injurious occupation.

C. LEIGH HUNT WALLACE,

38 Russell Square, London, W. C.

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Food Value of Olives and Olive Oil.

LEWIS H. MERTZ.

Among the ancients the olive was the symbol of chastity, wisdom and excellence, and the use of the crown of olive twigs to decorate the brow of the victors in the Olympian games was but their way of expressing the highest regard in which the fruit of the olive tree was held. We are reminded, too, as we look into history, that at one time the principal regal revenue of Palestine was derived from the product of its olive groves, the oil being exported in vast quantities to the Northern countries, where it formed one of the principal articles of diet. And we are told that King Solomon furnished the mechanics sent to him by King Hiram more than 150,000 gallons of olive oil as a part of their food supply.

It is to be regretted that what the ancients seemed to have discovered regarding the value of olives and olive oil through their taste and their primal instinct seems to have been entirely lost by the greater number of modern people. It is only among the Southern countries of Europe

that we find olives and olive oil products consumed in any appreciable quantity today, and it is interesting to observe that among these nations many of the digestive disorders so prevalent in America are quite unknown. Prominent medical authorities have ascribed this conspicuous fact to the free use of olives and olive oil. It is no uncommon thing to find the Italian or Spanish laborer making a thoroughly satisfying and very sustaining meal from his chunk of black bread dipped in oil and accompanied by a handful of pickled ripe olives or a few dried figs. We may accept it as a certainty that the American tied to his peptonoids and predigested foods and addicted to his gluttonous appetite for animal foods, will never possess that smooth, beautiful skin and the healthy natural digestion of more primitive people, with the accompanying full tide of health.

A liberal admixture of olives and olive oil even in the present fearfully destroying dietary would do much to overcome the evil. For, quite aside from the nutritive value of olive oil, we must recognize its well-established eliminative functions. The system, clogged with effete matter in a fetid condition and loaded up with uric acid and foreign mineral deposits would be most gratefully assisted in the tremendous task imposed on it by its cruel task-master, the modern gourmand, if he would only supply it plentifully with pure olive oil.

Olive oil in its virgin purity and manufactured under the very highest sanitary conditions is easily obtainable, for one has only to remember the name Sylmar, which is the trademark under which one of the best products of California is marketed. And there are other brands which would prove quite satisfactory, for

the olive industry in California has within the last few years come to be a very important one, and thousands and thousands of gallons of olive oil are annually produced, while the industry of pickling olives is now a very important one. Up to within the last two or three years the whole effort was to pickle the green olive in imitation of the hard and tasteless thing imported from Europe, for the American did not understand that the reason was because the process of preparing ripe or black olives for the market had not been discovered by the olive growers of the old world, and that it was left to the California growers to discover a process that has made a commercial success of a new industry, and we understand has been adopted by the Spanish and French growers and will in a short time revolutionize the olive industry throughout the world.

Olives when taken from the tree are full of oil, in which condition they make one of the choicest morsels that the vegetarian or epicurean can put between his lips.

In California they are sold by the quart from the barrel, but for transportation they must be put in glass or tin cans in a slightly salted brine and will keep indefinitely before being opened.

* * *

A Plea For Raw Food.

BY BERTHA SMIDTH.

The statement, "You are what you eat," has caused more or less argument among thinking people. In answer to it some have affirmed, "Then you are no more than the worm that crawls in the dust at your feet."

Let us restate the former affirmation thus, "Physically you are what you eat."

With every movement of the body great numbers of tiny cells perish. Food is taken for the purpose of supplying the various exhausted parts with new living cells.

The more thoroughly articles meant for sustaining life are cooked, the less vitality they retain. The digestive system must select from a great mass of dead cells, the few surviving, living ones. By this overwork, which is altogether useless, the whole system is weakened. Sooner or later disease sets in. Those naturally possessed of a strong constitution ward off the evil effects of cooked food for a longer time, but man in general does not live his natural age and even while he does live, his lack of health is his constant anxiety.

Let us return to the ways of Nature. We are living artificial lives. How senseless is this endless cooking! Time which could well be spent in the advancement of mankind is wasted in the unnecessary preparation of so-called "food" and in the filling of living bodies with useless, irritating ashes.

Occasionally some one gives as an argument for cooked food, that man is furnished with an intellect and thereby has learned to make use of articles that are of no value to the lower animals. True,—man must try all things, but he must also select the good from the bad and cast away that which proves useless. Cooking has been given a trial of many ages, and as a result of numerous indigestible mixtures, we find thousands of unhealthy persons. The more advanced in civilization is a race of people, the more unwholesome is their food. In the early ages man lived to a much greater extent on raw food and he lived long and well.

To seek to satisfy the appetite with

highly seasoned and flavored cooked food is to indulge in the grossest sensuality,—little above the intemperance of the habitual drunkard.

Let us live in closer touch with Nature and thereby be in closer communion with a higher Power.

Natural food, fresh air, exercise, and water, internally and externally, are all Nature's means of obtaining and retaining physical, mental and moral health.

There is nothing more pleasing than the sensation of a clean, pure stomach. When one realizes that the food that he takes into the system is to supply it with new vitality, there is a certain sense of satisfaction. A table set with luscious fruits, nuts, fresh eggs, milk, cereals and fresh vegetables is a "delight to the soul."

The change from cooked food to raw should be gradual, for from the long use of devitalized food, the system is much diseased. But with perseverance, remembering always that Nature's way is the right path to health, gradually new strength begins to fill the human system.

The theory is not untried. Various food specialists are treating patients in all parts of the United States, and they have proved their methods successful.

Fire was meant to be of service to man, but it was never intended that he should poison his food by means of it.

(Miss Smidth writes us that she has for many months practiced the above principles, and has gained materially in both weight and strength.—Ed.)

"Health, strength and longevity depend upon immutable laws—not upon chance."

The Bondage of Habit.

Are you sick, depressed, do you worry, is your mind unbalanced, is your body cold, are you subject to ill turns, is your sex nature on fire (if it is it will consume you)? Then you are a slave to habit, and had better break the bondage, or it will break you. This is no easy thing to do, unless you begin right, then it becomes a pleasure. The first step to take on this pleasurable route is to start the habit of eating right. This is a most difficult thing to do, in the face of the present day markets, kitchens, customs, associations, our own weak wills and the internal hell fires which we allow to consume us. Let your eating be governed by reason. A normal appetite is a safe guide to the supply of nourishment needed by the body. This is not yours to commence with, and it is your task to find it. You will not find it around the conventional table; everything gathered there is for the educated gormand, the candidate for the sick bed and operating table. The invalid and weakling, the cripple and degenerate. For the bunch of fraility who is under the doctors care.

From our mother's breast we were taught to live to eat, we were fed and fed, until we spued it out of our mouths and drooled it over our clothes. Most youngsters die right in this first act. I would not burden you with the effort to give up the use of tobacco, strong drink or sexual dissipation, so long as you continue to feed your stomach with drugs, dainties and store foods, you would not be equal to the battle; it would tear you all to pieces. It would be as trying as carrying a sheet iron stove with a fire in it, a mighty uncomfortable thing to do.

Get gradually cooled off by feeding on nutrition and getting the poison that burns so fiercely within you, out of your body by sweating and bathing and the drinking of water. Then you will be free from *the bondage of the craving habit*. The craving of stimulating foods and drugs; the hell fire that nothing but the simple life of nutritious foods and cleanly habits will quench; the heat, the fever and the pain, also the deathly chill of the never-warm. Bring the body up to normal health, then you have a freedom of habit in place of the bondage. All foul odors depart from a clean, well nourished body, while they accumulate in a body fed on stimulation. The abnormal growths, blindness, deafness, lameness, stiffness, soreness, pain, misery and degeneracy, often fade away by easy stages under the healing influence of a simple cleanly life, freed from the bondage of bad habits.

Before you submit your body to treatment by others, I beg of you to see what wonderful things you may do for yourself, by breaking loose from "*the bondage of bad habits*," and putting some simple and good habits in their place. Take the alarm quick and turn from your evil ways as soon as you feel the slightest pain, or observe the slightest growth. Don't hesitate a single moment, a week, a month, or a year may be too late, and if you let it run into middle life it may take more months than you have seen years, to overcome the great damage. Boldly strike out, you will find you can swim. Others can do very little for you but harm. You will have to do all that's worth doing yourself, then you will know just how it is done, and habits that will free you from bondage will be established.

Now when a person seriously wants a thing, he wilfully and persistently goes to work to get it, and he leaves no stone unturned in the accomplishment of his purpose. For instance, if he seriously wants to bring a train of cars across from Jersey City into the heart of New York city, he builds a ferry boat capable of handling the enormous weight, and when that proves too slow for him, he sets to work and builds a tunnel, and lays his tracks under the river. It matters not what may be the cost in either treasure or human life, the scheme is pushed through, and often the projector barely outlives the completion of the work. The conquering spirit possessed him and he overcame every obstacle that beset his path, even risking his own life many times.

If this same conqueror had wanted health as much as he wanted to solve the tunnel problem, he would have got there just the same. The vital point in it is that *he did not want health*; indulgences was the only thing he wanted. He was struck with perverseness, and for that he was as ready to sacrifice life and his wealth in getting, and he suddenly lost both, because what he had was not worth the keeping; neither one of them was worth the maintenance or necessary repairs. "*The bondage of habit*" possessed him, conquered him and ended him, and the dazzling brilliancy of his prospects faded away into the fog of a miserable failure—*his unconquered self*.

One would in reason suppose that every one would jump at the possession of perfect health. We frequently witness human beings pushing each other and crowding to reach a bargain counter at some well advertised sale, or at the prospects of a

newly discovered gold field, where they are bound to suffer deprivations of health, wealth and life, in the hope of adding to their means for excessive indulgences. Ending in physical, mental and spiritual failure, in contrast with which a financial failure, of whatever magnitude, is palled.

Reader, *you don't want perfect health*. You would not pay the price for such an unconventional commodity. You would not make yourself so conspicuous in society, in business circles, or even in your own immediate family, as to get to be so very different from your mates, circle or community, as to be *the black sheep of perfect health* in the flock of white sheep of pain, misery and degeneracy.

"When with the Romans, do as the Romans do," is an injunction that drives the race that kills.

Sincerely yours and in perfect health, I am

CUMMINGS D. WHITCOMB,
184 Henry St., Detroit, Mich.
Layman-Founder "The Whitcomb
School of Dynamic Health."



Horace Greeley's Digestion.

Horace Greeley was exceedingly absent-minded. One night when there were callers at the house, says an exchange, and he was deeply engaged in some political discussion, his wife passed around some indigestible refreshments in the way of cake. Mr. Greeley, completely absorbed in his discussion, took the plate when it was passed to him and proceeded to eat the entire lot of cake. His wife disliked much to interrupt him, so she watched him, with horrified gaze, while he ate the whole mess. Know-

ing that ancient cheese was a good digestive, she passed the cheese plate to him, as she had the cake, and he proceeded to dispose of all the cheese. It is recorded that he never felt any ill-effects from this repast, and his wife's faith in cheese as a digester was greatly strengthened.—*William E. Towne in The Nautilus.*



The Nose.

The laity generally consider the nose simply from its esthetic point of view and as the organ of smell. But the role the nose plays in respiration is by far its most important function. It not only serves as a passageway for the air in breathing, but it also warms, moistens and filters the inspired air. Bosworth has calculated that the nose should secrete about one pint of water daily, part of which is supplied by the tears, in order to moisten properly the inspired air.

The filtration of the air is accomplished first through the action of the hairs at the external margin of the nose which hinder the entrance of large particles; and second by the adhesion of small particles to the moist surface of the intricate passages of the nose and the nasopharynx. The microbes are expelled with the dust. In addition to this, the nose has probably the power of destroying any bacteria through the germicidal action of its mucus.

The nose also aids in phonation. Another and very important function of the nose is the ventilation it affords to the ears and their accessory sinuses.—*Dr. Anna M. Galbraith in The Delineator for April.*

Eugene Christian, 7 East 41st street, New York, who has spent more than twelve years in the study of physiological chemistry and food chemistry, and the method of laying out a perfected diet for well people, and a diet for sick people that will counteract and remove the causes of stomach and intestinal disorder, has been arrested by the New York doctors for practicing this information. The charge made against him is not practicing medicine, but relieving suffering without it.

Mr. Christian studied medicine a good many years ago, only to become convinced that it was of no value as a curative agent; gave it up, went into commercial pursuits; his health gave way, and knowing no other source of relief went to the best stomach specialists in nearly all the large cities in this country, viz.: New York, Chicago, St. Louis, San Francisco, New Orleans, Philadelphia, Boston. Finding medicine futile, he went to these learned specialists with the request to make out a bill-of-fare, what to eat for breakfast, dinner and supper, and how to proportion and combine these foods so they would produce chemical harmony. This the doctors freely admitted they could not do; they studied drugs, not foods. It was here that the weakness of the medical profession in curing these diseases was made apparent; therefore Mr. Christian went into the study of physiological chemistry and food chemistry, not only as a vocation, but for the purpose of saving his own life; he succeeded, brought himself to perfect health within a few years, established a system of selecting, combining and proportioning natural foods that is actually curing people. To this the doctors object.

So strenuous is their objection that they have taken the risk of having him arrested and branded as a criminal with absolutely no charge against him, except that he is relieving suffering without medicine. His arrest was made more than a year ago, but for some mysterious reason the Medical Society did not bring it to trial until April 4th. They set the case for trial six different times, but put it off each time.

Mr. Christian was tried before the Court of Special Sessions. The testimony showed that he did not give medicine in any way, shape, manner or form; that he did not permit himself to be called doctor, but he was tried, and under the law that exists in the State of New York was found guilty, and fined as a law breaker and a criminal.

Mr. Christian paid his fine under protest, and immediately took an appeal to the Supreme Court, where the case will be determined, and if not in his favor will be carried to the Supreme Court of the United States.

Mr. Christian's strongest support in this fight are doctors, such men as Dr. Samuel S. Wallian, author of a new book called "Rhythotherapy," and Dr. Eli P. Miller and other practitioners of New York, who have spent more than forty years in active practice, and have finally thrown medicines to the winds and are now advocating natural or hygienic remedies for all forms of disease.

That a man can be arrested under a Medical Practice Act who does not give medicine, but who advises against it, and hauled to a criminal court and placed under the ban of criminality, is a disgrace to this republic.

Mr. Christian is writing a book

which will be ready for distribution about May 5th called "Medical Legislation," in which he reviews the conditions under which medical laws are passed, what the results are now, and what the results will be if such conditions continue.

Mr. Christian is the author of two standard books on the subject of foods and hygiene, and no doubt this booklet, "Medical Legislation," will be worth reading. It is sent free on application.

One great, strong, unselfish soul in every community would actually redeem the world.—Elbert Hubbard.

The interesting and able article on "Mental Telepathy" in our April number was written by Mr. Warman, of San Diego, Cal., and our readers will be pleased to anticipate more good things from his pen.

Mr. Warman has lectured and taught in the leading cities of every State and Territory, and in many of the provinces of Canada. He was, for some years, editor of the Health Department of the Ladies' Home Journal; is now an occasional contributor to Physical Culture, Health Culture, and Los Angeles Sunday Times (Care of the Body); is a syndicate writer for many of the leading papers; is an author of several popular books; has had 39 years of practical experience and, best of all, is an embodiment of his own theories.

He is the physical director of the Hundred Year Club, which meets every Tuesday in the Warman hall, 934 West Sixth street.

The Sanitary Evolution of London.

BY HENRY JEPHSON, L. C. C.

This historical survey of London during the nineteenth century has been made with the object of discovering the laws of public health, and these laws Mr. Jephson now declares to be "cleanliness, manners, water supply, food, exercise, isolation," etc.

London's sanitary evolution has been forced by devastating epidemics, such as the cholera visitation of 1832, when out of 10,000 cholera cases 5,000 died; which, considering the absence of sanitation was not to be wondered at.

"Of Clerkenwell it was indeed stated positively 'the shallow-well water of the parish received the drainage water of Highgate cemetery, of numerous burial grounds and of innumerable cesspools in the district.'"

Fever epidemics raged constantly and the fever hospital beds were in such continual request that there was no time for disinfection.

"All through the earlier half of the nineteenth century, in fact, London, the great metropolis, was left to evolve itself so far as regarded the public health and sanitary condition of the people."

In 1865 not one condition but nearly every condition of the lives of the people was harmful. Overcrowding was so terrible that a workman could seldom afford more than one room for himself and family.

Even the bakehouses were in a shockingly filthy state, the bread being made in what might be termed the coal hole and front kitchen. "The smells from the drains were very offensive—the air of the small bakehouses was generally overloaded with foul gases from the drains, from the

ovens and from the fermentation of the bread and with the emanations from the men's bodies; the air thus contaminated was necessarily incorporated with the dough in the process of kneading." As late as the year 1890, bakehouses do not appear to have undergone any great improvement.

The employment of child labor, under most unsanitary conditions and the using of infant schools with imperfect drainage are shown to have been prolific causes of child mortality.

"The strength and even the existence of a nation depend upon the health of its masses. The stake at issue is a vital one to people and nation; and now more than ever is it necessary that the health and vigor of our race should be maintained at the highest possible attainable standard."

Factories, cemeteries, hospitals, schools, milk, streets, trams, etc., have gradually come under public control, and if we would continue to make progress, it must be made along similar stricter lines, or the good already achieved will largely be lost.—*From the Herald of Health, Oxford St., London.*

Gentlemen—I am so well pleased with THE STELLAR RAY that I hardly know how to answer your question about it. I am more than pleased with it, and do not want to miss a single copy. I take several papers and magazines, but think more of THE STELLAR RAY than any of them, as I am trying to study along the same line that it teaches.

Wishing you every success possible, I beg to remain,

Yours very truly,

A. W. WILMOTH.

MISCELLANEOUS

Corporations and the Public.

BY LOUIS F. SWIFT.

There is no more vital question before the American people today than the relations of great corporations and the public. Criticism of huge business enterprises is easy to make and exists in abundance. What has been lacking is a frank presentation of the attitude of managers of great corporations to the public. This frank and explicit statement by Mr. Swift ought to go far toward establishing a better order of things. If such a policy as he outlines as controlling his large interests comes to be recognized as the policy of great corporations generally there will be a rapid disappearance of that misunderstanding which so threatens the stability of the commercial world.

Corporations are essential to the conduct of today's business.

For the business world to try to do without them would be like the public trying to do without the telephone. All of this seems to me so evident as to need no proof.

So far as the corporation of which I am president is concerned, the question to answer is not whether it has a right to be. I believe it has, and further believe the history of its development, since the time my father established a little slaughter-house in Massachusetts, is an evidence that the public believes so too.

The corporation is created by the law and deserves from the law protection from both the rabid agitator and the uninformed legislator. But at the same time, corporations have certain duties and responsibilities toward the public. Particularly is this true of a business like the packing

industry which, because of its magnitude and of its relations to the country at large, might be called a semi-public institution. The public, therefore, has a very great interest in the way it is run.

I believe that a great business can be run as honestly as a small business, and that as honest and wise men, the directors of corporations should endeavor to create a better understanding between themselves and the public by every legitimate means.

As I conceive it, great corporations must, to some extent, take the public into their confidence. At least they must make it plain that they are not hostile to wise legislation and that they are really meeting their obligations to the public.—*From The World Today.*

* * *

The Army in 1862.

Every American historian has given us his views of the mixed-up affairs and constantly changing leadership of the Union Army in 1862. Many men who were prominent in the Army at that time have written articles, historical and otherwise, of the events and the epoch, but Carl Schurz in the May McClure's installment of his "Reminiscences of a Long Life" gives us a most comprehensive and important resume of Army and National affairs of the period. Serving as a Brigadier General and later as a Major General, Schurz was in a position both to see and to understand the whole situation, and his keen insight, broad knowledge and great ability give his views deep significance. He lived and fought with the

great generals, McClellan, Fremont, Sigel, Burnside and Hooker, whom he describes. He tells just how each one's successes and failures were considered by the people at large and by other officials of the Army and State.

Although in this portion of his work Schurz does not pretend to give an important contribution to the military history but confines himself rather to personal experiences with glimpses of important historical events, none the less it will be considered by students of history a very important contribution. As usual the author gives us a number of pen portraits of prominent men of the times and tells several droll anecdotes of Lincoln and other famous men. The article closes with a dramatic description of the battle of Fredericksburg and "Burnside stuck in the mud." The instalment is illustrated by fine photographs among which is a picture of Lincoln and General McClellan sitting just inside the general's tent.



A Dog's Heroism.

Surgeon Flood, of the North-West Mounted Police, perished in a snow storm in Canada, in February last. All his sledge dogs, except the leader, bit themselves free and reached Fort Churchill safely. But when the doctor's body was discovered, the faithful animal who stayed with him was found frozen stiff over him, having sacrificed its life in a vain endeavor to save him by keeping him warm. And it is such creatures as these that Christian nations deliver up to the vivisector for prolonged torture, for selfish reasons.

Something New—A Science of Voice Placing.

BY GAIL COWLEY.

Ideas are like tides. They have their ebb and flow. Every now and then, a wave of thought rides a little higher than the waves preceding it. It pounds away on the shores of Mentality until some mind recognizes and expresses the truth it bears to the rest of mankind. Such a thought-wave is called in history "an advance in science," "a revival of learning," "an age of discovery," "an era of religious fervor," "flood of invention." Minds that are susceptible enough to become the means of recognizing and expressing the new truth are rewarded with such titles as philosopher, reformer, wizard, genius—in short, world-benefactor.

Within the last decade, a wave of so-called new thought has swept over the world. "Psychism and the psychic" has taken hold upon the general public until hundreds of magazines in all parts of the world are springing into existence with such titles as "Mind," "Suggestion," "Mental Science," "New Thought," "Health Culture," "Cosmic Light," "Stellar Ray," "Mental Therapeutics," etc., etc. A perfect flood of "new thought" literature is deluging the public. Old ideas are having their ebb, new ideas are having their flow. But always what is truth in the old comes back in the new, though it may be in a new solution. New thought, so called, is old thought come back in a new solution. It is common sense laws, gleaned from all the isms and ions of all times and races and religions, made simple enough for practical application. It is philosophy boiled down to the one

statement: Mind is the measure and controller of man.

What is sound and good in new thought philosophy is flowing into every avenue of science and art. This is, especially true of art. Art is subtle and elusive. It can be developed only by a force as subtle as itself. Mind is subtle, infinite force, and it is only as the race has recognized the power there is in understanding the laws of mind that art has been produced.

There is no art more subtle and elusive than the art of singing. There is no art more sought after by the masses. And yet, there is no art in existence that has had so little science back of it as the art of singing. Indeed, one can safely say there has never been a real science of voice-production, that training to sing has always been a matter of guessing. The experience of thousands of disappointed vocal students will corroborate this statement. But sooner or later, questioning brings an answer, longing finds its object. The demand of the race becomes the force which brings back the supply.

It is in the fundamental principle of new thought philosophy (mind is the controller and developer of the physical being) that a new science of "Voice Placing" has been evolved.

Mr. Carl Young, of Chicago, has been impressed by new thought's fundamental tenets and has applied them to the art of singing. He has formulated a real science of "Voice Placing" and has given a simple, definite and true analysis of the human voice.

Mr. Young's description of a new science of tone-production and artistic singing describes a course in "Voice Placing" by correspondence, which is illustrated by phonograph

records demonstrating tone-production as represented upon the printed page. His Psycho-physics of Tone and Metaphysics of Tone, prove conclusively that he is a discoverer and natural philosopher who has applied the fundamental laws of mental development to the art of singing. In a sense, Mr. Young's science of tone is as old as creation, but he is the first to point out a new application of the basic laws of sound. He is the first to give a true analysis of the human voice; the first to put the student in touch with laws that take him out of the realm of guessing and uncertainty and make him absolutely sure of what voice is and how it is produced.



Concentration—A Protest.

Much has been said and is being written these days on the great subject of concentration. Very many exercises are given for staring at objects as long as possible without winking and like things of doubtful merit. I would not say do not do these things if you want to, but propose to show you a better way.

If you have anything useful to do in the world, concentrate on that work. If you are an idler, get something to do at once. Concentrate on that thing, learn to do it as quickly and as well as possible. Learn all there is to know about each thing you do. That sort of concentration amounts to something in the world. Put your whole self into your work and then when you have an idle hour use it for relaxation instead of more concentration.

Sitting in a chair by the hour looking at a dot on the wall is a great

waste of valuable time unless you are a person of great leisure.

So for success one must focus all one's energies on the matter in hand. It is well to sit down and plan the day's work and then no time is lost; and you can put your whole mind on it and push it right through to the finish. Goethe said: "Whatever thou art, be all there; be right in it."

"Whatsoever thy hand findeth to do, do it with thy might." That is the Biblical definition of concentration. If we do things with all our "might" we must use all our working faculties of mind and body. It hardly seems necessary to prepare for such concentration by sitting down by the hour and staring at a spot on the wall. In looking over many "lessons" on this subject that I have purchased I find that one can waste hours of precious time in useless "gazing," and the exercises are left off and forgotten after a few weeks. Therefore, after years of study along these lines I say unto you in the words of our beloved Longfellow: "Life is real: life is earnest."

Life here is so short that we can not afford to lose one precious hour of it in useless gazing.

One can develop any talent in the silent hour, which should be observed daily; character can best be developed by rubbing against the world; but useful concentration can best be acquired while at our daily work, whatever that may be.

Cultivate an intense interest in things. Interest is concentration. "This one thing I do" should be our motto.

MADAME DU BOIS.

"It is a good thing to be clever and smart, but better to be kind."

Of Interest to Many.

Readers of this magazine, who are interested in "Nature cure," will doubtlessly be pleased to learn from our advertising columns that Dr. Carl Strueh, of Chicago, Ill., who has conducted his present establishment at 464 Belden avenue, Chicago, since 1897, will open his new sanatorium on his large country estate at McHenry, Ill., the first of May.

McHenry, which is situated in the beautiful Fox River Valley, is only one hour's ride from Chicago, trains leaving the North Western Depot, corner Wells and Kinzie streets,

Dr. Strueh's Sanatorium will henceforth be known as *Orchard Beach* Sanatorium, and will be for the treatment of any curable disease by means of strictly natural methods, such as the Kneipp water cure, sun and air baths, diet cures, physical culture, rest cure, sleeping in air cottages, etc.

The sanatorium grounds, comprising 30 acres, with large river front, enjoy absolute privacy and thus constitute an ideal place for out-door life.

The following diseases are treated at Dr. Strueh's sanatorium: Catarrh, asthma, dyspepsia and other diseases of the stomach and bowels, disorders of the liver and kidneys, nervous diseases, general debility, whooping cough, hay-fever, malaria.

During the summer Dr. Strueh will also admit those who wish to spend their vacation under the most healthful conditions, and avoid the noise and turmoil of the average summer resort, provided they will abide by the rules of the sanatorium.

The Fox river on which the grounds are fronting affords the finest opportunity for swimming, boat-

ing and fishing. There is also a chance for those who like to do a little gardening.

The terms are said to be moderate and in reach of all.

Dr. Carl Strueh is well known in Chicago, where he has been a general practitioner for ten years before he established his present sanatorium. He is also known as a medical writer, and has time and again preached the fact that numberless patients consider themselves incurable, because they rely too much on drugging and think too little of nature's powerful means of restoring the sick to health.

Dr. Strueh has studied at the German universities of Gottingen, Munchen and Zurich, where he was assistant to Prof. Eichhorst, director of the University Hospital.

Dr. Strueh's address may be found in our advertising columns.

* * *

Pa's Housecleanin'.

When the April sun's a-shinin' hot
an' things is nice an' fresh,
When the willer's droppin' tossels an'
the blackbird's in the bresh,
An' pa comes in fer noonin' an' the
floors is wet as ouse,
Then it's "Laws-a-massy on us! Your
ma's a-cleanin' house!"

Then me an' Jim is sure to find rag
carpets in the sun
When we'd planned to go a-fishin' fer
the suckers in the run;
But while pa takes his noonin' an' the
hosses eats their snacks,
Us boys can beat them carpets while
we're restin' up our backs.

An' then next day pa's certain sure to
have to go to town;

But he always leaves us orders, "Help
to put them carpets down."

An' at night, when he gets home
again, you'd think, to hear him
groan

About the hardship of it, that he'd
done the job alone.

Poor ma! She has it awful hard,
she'll work until she drops,

An' pound her thumb nails half way
off, an' wet her feet with strops;

She'll get so hoarse that she can't
speak, an' sore at every bone;

But pa, he says if it was him he'd let
the house alone.

An' when that night the kids is sick
an' has to have a drink,

An' ma she can't get up because her
back's in such a kink,

If pa should bang the furiture whilst
gropin' fer the cup,

You can feel him gettin' mad enough
to fairly eat her up.

So me an' Jim was sayin', if the time
should ever come

When pa and ma should change their
work, an' pa should stay to hum,

I wouldn't like to be a boy, but jest a
little mouse

To hear what things pa would say if
he was cleanin' house.

—William Futey Gibbons in *Woman's Home Companion for April*.

Dr. Abernethy, when he visited
his rich and luxurious patients, al-
ways went into their kitchens and
shook hands with their cooks. "My
good friends," said he, "I owe you
much, for you confer great favors-
upon me. Your skill, your ingen-
ious and palatable art of poisoning;
enables us medical men to ride in
our carriages; without your assist-
ance we should all go on foot and
be starved."

BOOKS AND PERIODICALS

"Modernized Chiropractic."

This is in two large volumes of over 700 pages, with 200 illustrations, making plain and open the ways of placing the hands in the characteristic and effective manner of removing the cause of disease.

Drs. Smith, Langworthy and Paxson, founders of the American School of Chiropractic, Cedar Rapids, Iowa, are the authors.

All interested in drugless treatment will get Chiropractic. Order direct from THE STELLAR RAY, Detroit, Mich. Bound in red buckram. The set, \$10.

Eternal Progress is a magazine for men and women who wish to become much and achieve much, and the April issue, like all of its numbers, abounds in practical suggestions for aspiring minds. "Three Essentials of Success," "Some Mysteries Explained" and "Educating the Subconscious" are among the many interesting articles.

"Many are too highly strung today. Let such relax lest the life-strings snap."

Think first then speak!
Get acquainted with commonsense!
Shake hands with tact!
Embrace self-control!
Esteem self, not for self, but for
the good that is in you!

EDMOND E. LORD.

Experience and observation whisper that Nature never wastes any treasure, that she gathers up all fragments and that in her texture of gold and purple no stitches are broken and no threads are dropped. Following some unseen leader, everything is climbing up and marching on. The very things that seem wasteful, when a little time has passed, are found to be salvatory. The roseleaf that falls today lends a richer red to the morrow's petals. The foliage that falls from this year's oak makes next year's leaf hold a finer luster. The sand slabs still preserve the track of the bird. The air is a whispering gallery, on which thoughts are written upon an imperishable scroll. When the householder builds a mansion, he stores it with art treasures, with objects of use and beauty, that loved ones may enjoy and use and hand on from generation to generation and century to century. And think you that God builds the house of man's soul, and makes it beautiful with the hereditary treasures of a thousand artist ancestors, only to pull it down in death, and blacken it with ruin? Thou foolish doubter!—*Rev. Newell Dwight Hillis in The Delineator for April.*

"The Golden Crisis."

BY EGBERT NORMAN CLARK.

"All humanity will be glad because Mr. Clark has written his book. His theories are so new, his logic is convincing, his way of telling his story so compelling, and his predictions so hopeful—it is impossible in a few words to adequately bring before the mind of one not familiar with Mr. Clark's philosophy, its beauty and

service for humanity. We quote the following from "The Golden Crisis," published by the Oasis Pub. Co., Columbus, Ohio:

"Most glorious will be the lot of man when he takes possession of his heritage in conformity with natural law. Envy and jealousy, selfishness and greed, will disappear. Sin and vice will be wiped out, and virtue, that white-robed angel of light, will quench the hot fires of passion. The earth will blossom, as the rose, but man himself will be the most beautiful flower in all the wide universe. It will be the day, of the pure in heart and the presence of God will permeate the entire realm. Man will have reached the fullness of his ripe existence. It will be his to enjoy, to know happiness and to reap divinity. It is the age of the millenium, of man's victory over physical forces, the great age of Divinity."

* * *

The Art of Walking.

The delightful art of walking, the happy practice of vagabondage which Stevenson and Whitman praised so well, the most innocent of pastimes, the simplest of exercises, is in danger of falling into abeyance, says Bliss Carman in *The Delineator* for April.

Our fashionable people affect one ridiculous manner of walking and then another, year after year, but almost no one thinks it worth while to learn to walk normally. There can be no uniform fashion of good walking. The normal walk is not a matter of caprice, but of art; it lends itself to the infinite varieties of character, and becomes in each instance expressive of the individual; so that we recognize a man by his gait as easily as by his voice.

The first requisite of good walking

is a good poise. If the body is well poised at each point of its motion, the motion itself must be good. The process of walking which has been described as a series of falls, is, to be somewhat more accurate, a series of falls and recoveries so insensibly merged that there is no saying where the fall ends and the recovery begins. In walking we are in a continuous state of unstable equilibrium. We pass gradually from one position to another, yet are never out of poise. We are playing with gravity. A good walker spins the earth deftly beneath his feet, as an acrobat in a circus, lying on his back, spins a barrel or a painted ball.

Tomorrow, Parker H. Sercombe's original forceful periodical, is an ever welcome visitor. We are brought face to face with an earnest man imbued with the spirit of freedom and, through freedom, progress. In the April issue, "Psychological Momentum," Tolstoi, is an especially attractive editorial.

The World Today, April number, says: Strikingly significant of the change in British public opinion is the vote taken in the House of Commons on the dis-establishment of the Church. By a vote of 198 to 90 a resolution favoring it, which had been introduced by a private member, was adopted. Overwhelming defeat attended a similar proposition before the House some thirty years ago. On the present occasion the Prime Minister voted for it, and many other members of the Church of England must also have done so. It was merely a declaration of principles, not an act to compel dis-establishment, but it is nevertheless an omen of what the future will undoubtedly bring to pass.

Serious-Minded Women.

"There is nothing that women cannot do—but the work must be planned with a thoroughness that precludes failure, and done with a modesty which is the inherent charm of the superior sex," writes Herbert D. Ward in *Woman's Home Companion* for April.

"As I said, every community has its own problem. Most of these originate outside of the home. Pure water, pure food, pure air; clean streets, sanitary schools and tenements; district nursing; the education of the ignorant in the care of babies; the question of paupers; the public baths and traveling libraries; the treatment of our women prisoners in prison and after; the lodging-house problem—these are only a few of the civic puzzles crying for trained women to solve.

"A woman does probably her greatest share of her duty as a citizen when she makes a home a safe and happy harbor of refuge from a stormy world, when she brings up her children into noble manhood and womanhood, and when she does not destroy her husband and family by bad cooking and bad temper; but that same woman crowns her career as a citizen when she interests herself in and becomes a vital part of some problem of government. A woman successful in home life is desperately needed in civic life."

The Occult Review, for May, contains articles of marked interest and ability. Among them are "Swedenborg as a Mystic," by Mrs. Stewart Erskine; "Mysteries of the Holy Grail in Manifestation and Removal," by A. E. Waite, and "The Dust of Creeds Outworn," by R. Hodder.

Concentrating.

Concentrate your mind upon the thing you have in view,
Never let it get out of your sight;
Linger long upon it from early morn'
'till night,
And watch what concentration brings to you.

Things, at first impossible, will plainly come to view,
Just as though they stood there all the time;
Nothing then impossible will appear to worry you,
For concentration cures,—it is sublime.

When you start to do a thing, no matter if it's small,
Concentrate, and use the term, "I will,"
For concentration is "the power" that wins out, after all,
And keeps the wagon going up the hill.

VINCENT GRAZ.

Bloomington, Ill., Mar. 9, 1907.

Ladder Lessons, by Olive Verne Rich, is a convenient little volume for the coat-pocket or hand-bag. It is a series of five lessons for "beginners in New Thought." "They are for those who are looking outward for something to help." They are simple, concise, comprehensive and cannot fail to benefit anyone who follows their teachings. They are suggestions on which one may climb as on a ladder, as the author says,
"From sadness unto gladness,
From sickness unto health,
From hurry unto rest,
From poverty to wealth."

Spiritual Law in the Natural World.

BY ELEVE.

New edition, eleventh thousand; 200 pages; paper, 50c (2s. 3d.); cloth, \$1.00 (4s. 6d.).

Positive and undeniable evidence demonstrates the realm of Spirit or Mind to be a real and attractive world, a sphere long thought to exist by many to whom its truths have been intangible. Those who dwell within its borders have found a great and abiding peace, likened only to that depth of ocean whose calm no storms disturb. Many have reached this haven, and others are desirous of mastering the laws which govern entrance. To the latter class this unpretentious but helpful book may appeal.—*The Arena*.

The design of this book is to show that spiritual law reigns naturally in the world, and gives a method of applying this law in all affairs.—*Harmony, San Francisco*.

"This book, containing nearly 200 pages, commends itself as being an earnest effort to reach the highest manhood by overcoming that which is deteriorating."

"Spiritual Law in the Natural World" is a wonder. I feel that this book is able to lift me above the mists into the light of day.—*Fannie H. Goddard*.

* * *

The First Faith Healer to Advertise.

Probably the first faith healer to advertise was King Charles the II. of England. On the 18th of May, 1664, the following notice was issued by command of his majesty: "His sacred majesty having declared it to be his royal will and purpose to con-

tinue the healing of the people for the evil, during the month of May, and then give over until Michaelmas next, I am commanded to give notice thereof that the people may not come up to town in the interim, and thus lose their labor." The people believed that the king's touch would heal scrofula, and kindred diseases, which it did in accordance, we presume with the degree of their faith.—*William E. Towne in The Nautilus*.

"Improved Perpetual Planetary Hour Book," Second Edition, revised and enlarged, by Llewellyn George, and issued by the Portland (Ore.) School of Astrology, I. Hulery Fletcher, manager and director. Shows what planet rules any hour in any year, telling how to avoid malefic hours and how to choose favorable ones for the inception of any undertaking in order that the affair may be assisted, rather than retarded, by the astral forces of Nature. It is made up and calculated for four separate latitudes, and anyone living between latitude 25 N. and 50 N., clear around the world, can readily choose the time for the most appropriate or suitable latitude to him; the man in New York will read in latitude 40. N., while the man in New Orleans will read in latitude 30. N. Mean time is used throughout. It is made up for twice a month, and the calculations arranged so as to produce the most serviceable, accurate and reliable combined set of planetary hour tables ever offered to practical astrologers and the general public. To the new investigator it is a most useful work, being void of symbology, containing 22 page tables simply compiled so as to be easily understood by even the merest tyro, and the whole accompan-

ied by a most complete exposition on the use, the nature, and the value of planetary hours, with an "Introduction," a "Preface," chapter on "Astrology," and a lesson "To Change Standard to Mean Time," etc.; nicely arranged throughout, about 64 pages, good paper, durable and tasty cover, convenient size. The general style is like that of our "Planetary Daily Guide." It will also contain a list of books, periodicals, magazines, etc., which we recommend. Price (retail), 50 cents.

Cannot the great Creator
Of all this world divine,
Guide it through the universe,
Without your advice or mine?

Instead of offering help to Him,
Why not let us now and then,
Harken to the cry for justice,
And take the load from suffering men.

Offer your help where needed,
And not to the Infinite One;
Only by helping each other,
Will the Divine favor come.

JAMES W. SCOTT,

STELLAR SCIENCE

The Sun in Virgo.

A person born between the 22nd of August and the 22nd of September will recognize some of his own characteristics or propensities in the following, although the hour of birth and locality in which the person is born cause variations.

The Sun in Virgo, or the sixth house, is favorable for the acquisition of money through some occupation where the native acts as subordinate, or where he is more or less under the command of a chief or superior. He may be one of the rank and file, a worker, but is more likely to be a manager, with others under him, but himself responsible to a head. He does not make a good master when left to himself; there is want of self-confidence, or bad judgment is oftentimes the cause. He is liable to suffer through servants or agents unless the Sun is well aspected; then he may benefit by them. It tends to literary, medical or scientific work, book reading, secretarial or study of

hygiene; is slightly unfavorable for health and the constitution of the father or son. It favors money or gain from parental relations and occupations of the earthly element. The disposition is rather serious or subdued, and may be at times melancholy, lacking hope, not sufficiently self-assertive. He may be looked upon as very judicial and impartial, or as vacillating and not to be depended upon, according to the nature of the horoscope.—*Science and Key of Life.*

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Earthquakes.

The sign Scorpio and Taurus being of violent fixed nature are indicative of earthquakes when cross aspects of Mars, Saturn, Jupiter and Urania are found therein. They are often produced from the effect of eclipses. There is no record of earthquakes occurring only when the planets were in the signs of violent

nature. This is significant and worthy of the investigation of any disposed to doubt these planetary effects. It is a rule that earthquakes often follow an eclipse. If there has been no recent eclipse of the Moon, look to the last eclipse of the Sun. At the time of earthquakes, many aspects will be found between the planets, and it is well to note the places of the planets at the time of eclipse, especially the Sun and Moon. The planet Jupiter, in conjunction or opposition of Mercury, and also the parallel, will have an influence in that direction. Earthquakes are more liable to occur when several planets are near the equator. If there has been no eclipse in one quarter, look to the planet's places at the last new or full Moon of that quarter, or the lunation nearest to the Sun's crossing the tropic or equator. When the malefics and Jupiter or Mercury conjoin in Scorpio or Taurus, also Leo and Aquarius, earthquakes may be looked for near the perihelion of great comets, and when they approach within the orbits of the planets Saturn, Urania or Mars. These planets also in connection with the fixed stars of violent nature must be considered. This belongs to mundane astrology, and is a study of itself.—*Science and Key of Life.*

In the farther east, the fount and locale of magic and mysticism of religion and the astral sciences, the horoscopes of all infants are calculated at birth, and marital unions are based upon the sympathy existant in the respective nativities. Needless to say, the divorce court is an unknown institution in those countries. Such a system of domestic

economics may seem incongruous with our idea of "free choice," though the latter is but another name for a haphazard selection which more often results in anything but freedom. This is illustrated every day in our western civilization where Cupid runs riot with a companion god called Convenience, utterly heedless of the consequent admixture of hostile temperaments. Dissimilar elements when arranged in juxtaposition must tend unalterably to discord, if not chaos. "Knowledge is power," and in no part of Nature is so essential as in the direction of human destiny. The intelligent study and application of astrologic science will mean mental and physical rejuvenation for the race, a healthier physical attunement, and a clearer apprehension of fundamental truth as it is, and not as it is supposed to be.—*Hazelrigg.*

Knowing the law does not curtail one's freedom. The knowledge that a certain course may lead to discord, another to harmony, does not prevent the choice of action.—*Editor.*

"We are all tatooed in our cradles with the beliefs of our tribe."

"Let us cultivate the art of saying things in as few words as possible."

"I cannot express my appreciation of THE STELLAR RAY. It is truly a ray of light, bearing truth and freedom wherever it goes."—*John Patterson, Morgantown, W. Va.*

YOUR WILL.

PLANs without purpose and will power are like babies which die as soon as they are born. They are simply useless in the practical life and positively harmful in the realm of idea, for every unfulfilled purpose weakens by so much the will power. Many purpose to perform a certain deed, to start on a new and better mode of life, but lack, or rather do not use, will power, and the deed is not done, nor is the good resolution carried to fruition.

The philosophers have talked a great deal about the will and have disagreed in their analysis and descriptions, but the worth of will remains. By the use of will power any man may become conspicuous, either in a good or bad way. The reason so few are either conspicuously good or bad is that the will is not used at all. Men drift into certain channels, but it cannot be said that their wills propel them to the channel, or even after they have entered it. They drift. If a man has drifted and suddenly awakens to take his bearings only to learn that he is far out of his course, he cannot get back unless he can generate enough force to propel him against the tide, and his propelling power is called "will."

If a man's bark happens to keep in the right channel and only drift toward the haven where he would be and he wish to increase his speed, to accomplish more in less time, he must use the same propeller—will power. Drifting is drifting, whether you are well within the course or heading for the rocks. The remedy for this is to turn on the will power.

One of the most agreeable experiences a man can have is to test his will power and find that it works. When we read of will power we see mentally a man with set eyes, gritted teeth, tense jaws and clenched hands, and capable of anything.—W. J. C. in *Detroit News Tribune*.

FLY TO PIECES.

The Effect of Coffee on Highly Organized People.

"I have been a coffee user for years, and about two years ago got into a very serious condition of dyspepsia and indigestion. It seemed to me I would fly to pieces. I was so nervous that at the least noise I was distressed, and many times could not straighten myself up because of the pain.

"My physician told me I must not eat any heavy or strong food and ordered a diet, giving me some medicine. I followed directions carefully, but kept on using coffee and did not get any better. Last winter my husband, who was away on business, had Postum Food Coffee served to him in the family where he boarded.

"He liked it so well that when he came home he brought some with him. We began using it and I found it most excellent. While I drank it my stomach never bothered me in the least, and I got over my nervous troubles. When the Postum was all gone we returned to coffee, then my stomach began to hurt me as before and the nervous condition came on again.

"That showed me exactly what was the cause of the whole trouble, so I quit drinking coffee altogether and kept on using Postum. The old troubles left again and I have never had any trouble since." "There's a Reason." Read, "The Road to Wellville," in pkgs.

DO you want to find out whether you have a will or not? Then begin to do something that is hard for you. Don't try to own a railroad in a month, but try to do the thing that is hard for you. It is

a hardship for you to get up at 6 o'clock in the morning? Then order yourself out of bed at 5 o'clock for a month—you will find out that you have a will; you will have a sense of mastery. Is it hard for you to get along without your liquor? Then order yourself to abstain for a month. You will find that a good habit breaks a bad one. You will discover that what you thought you could not do was very easy after you gave the word of command. Is it hard for you to go through the petty annoyances of the business day without swearing? Give your order for cleanliness of speech and set a guard at the door of your lips and you will find control of temper, weightiness of speech take place where angry and fussy cursing held sway.

Choose something that is hard for you to do—choose it deliberately—and then set out and do it. Take yourself in hand as you would a fractious colt. Make your habits and likes or dislikes bow to your will, and you will find within you a reservoir of force that will fill you with glad surprise in the way it will ally itself with you in the work of your betterment. W. J. C.—Detroit News Tribune.

DR. TALKS OF FOOD.

Pres. of Board of Health.

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that, in my judgment, a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment per-

sonally with the new food, which I used in conjunction with good, rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read, "The Road to Wellville," in pkgs. "There's a Reason."

IT is evident that personalities can not dream themselves into a character. They must hammer and forge themselves into one. The greatest error on the part of humanity in general is the supposition that other men's opinions are to make them happy. Enthusiasm is the genius of sincerity and no victories are accomplished without a vein of this quality.—*Science and Key of Life.*

BRITISH EMPIRE'S POPULATION.

The king of England has in Asia more than 300,000,000 subjects; in America, 7,500,000; in Africa about 43,000,000; in Australia over 5,000,000 and in Europe over 42,000,000. this as a mere opinion. She claims Classifying them broadly by religions, there are 208,000,000 Hindus, 94,000,000 Mohammedans, 58,000,000 Christians, 12,000,000 Buddhists and 23,000,000 of various pagan or non-Christian religions.

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For fourteen years I have diligently studied the chemistry of food and the chemistry of the body, and I have discovered how to select, combine and proportion food so as to make it counteract and cure all abnormal conditions of the digestive, secretive, and excretory organs, therefore whether food *makes* health or disease depends entirely upon how it is selected, proportioned and combined.

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In the April number of **THE NAUTILUS** began a remarkable series of articles on the subject of "Practical Telepathy." These lessons were prepared by Ellen Price, a woman who has made many experiments along this line, delving deeply into the occult laws of Nature. The lessons record many **actual facts** from the author's own personal experience which seem almost beyond belief. Yet we know they are true. And you will learn how to make experiments on your own account. "Practical Telepathy" gives the most detailed and comprehensive instruction.

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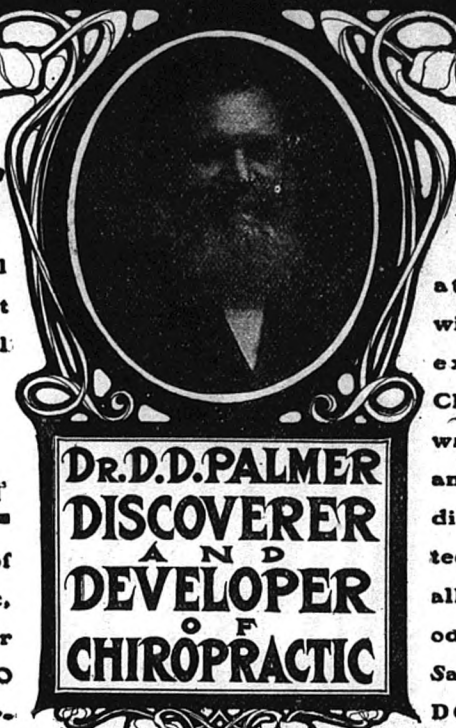
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WHEN DOCTORS DISAGREE.

At a meeting of the council on medical education of the American Medical Association, held in Chicago, April 29th, sweeping statements were made as to the incompetency of doctors. "There are on an average 4,000 doctors graduated every year by the medical colleges of the country and about three-fourths of these are utterly incompetent and should never be permitted to practice medicine," said one doctor, and nobody refuted the charge. It is worse than that. Where medical colleges teach *only* methods to palliate disease and acknowledge the futility of attempting to cure, it is plain that none of their graduates are really fitted to treat disease, for palliative treatment is confessedly injurious. Palliatives for pain cause bad drug habits, for which doctors are responsible; palliatives for constipation cause a greater degree of constipation, because stimulation overworks and leaves a greater prostration. And a like condition is true of every form of palliative treatment and all drug treatment is palliative. It never cures anybody of anything; always leaves the patient in really worse condition by suppression, metastasis, and overworking already debilitated organs and functions. It is a silly, foolish idea to attempt to rebuild any part of the animal body out of anything which does not belong in it and does not form an integral part of that body in a state of health. The results cannot be anything but bad.

Outside of the mental incompetency and natural unfitness of 9,999 persons out of ten thousand to understand disease and its treatment, the impracticability and impossibility of present methods would disqualify the one individual of ten thousand to whom was given "the gift of healing." Doctors are born, and no amount of education will make one; but if the education is misdirected it may spoil the born doctor. Wrong education is much worse than none at all.

Methods taught in medical colleges, particularly of the allopathic variety, are radically wrong, and it is no trouble to prove it. They exist today through custom and prejudice and not through merit. They have improved in the matter of diagnosis, but not in the matter of curing. Learned articles on the characteristics of disease fill medical journals, but the cure is as far in the dark as ever. It is of very little importance to the patient what manner of disease he has; he wants it cured.

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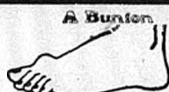
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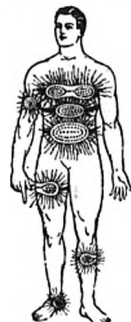
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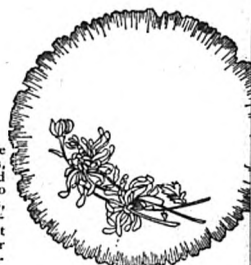
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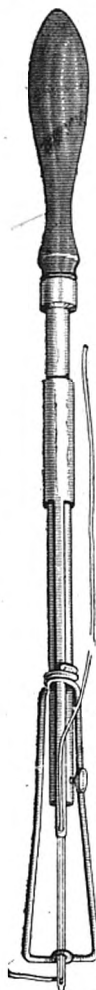
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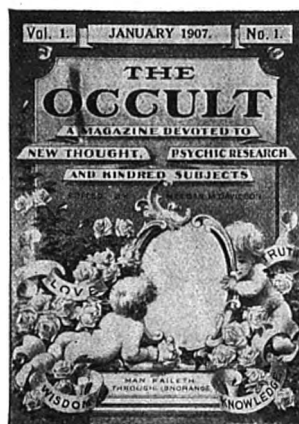
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'TIS THE NATURAL WAY! CATARRH CURED WITHOUT DRUGS

IT IS FOLLY TO LOAD YOUR "STOMACH" WITH DRUGS FOR THE CURE OF A DISEASE IN YOUR "HEAD."

Ninety-three per cent of the people of this country are afflicted with some form of Catarrh. They are living store-houses, or distributing stations, disseminating germ life that breeds diseases ranging from incipient Catarrh to quick consumption. Air is the agency through which these germs find lodgement in the air passages—air should be the agency through which they are destroyed and removed.

I say, I CAN CURE YOUR CATARRH. I say this confidently because I know what my new and Wonderful Discovery has already done for hundreds. I know what it will do for you and all I ask is that you will LET ME PROVE IT. In order to prove its benefits I am making a Special Offer to readers of this Magazine. Read it.

Catarrh Sufferers should realize the fact that Catarrh is a very dangerous ailment. It is the beginning of nearly all diseases of the head, throat and larynx and is the forerunner of consumption.

First a slight cold, acute in form, being neglected becomes worse, finally chronic, and leads to still worse conditions. How important it is that every person consider this matter seriously for himself. Catarrh is constantly on the increase.

There is more today than five years ago. Almost all people are subject to frequent colds. They are seemingly becoming more susceptible to this influence each year. Various causes lead to this condition. I am offering you my Spray Medicator and Liquid Spray to counteract these emergencies.

I OFFER what is really a GODSEND to sufferers from



I deal direct with the patient—there are no doctors' fees, no agents' profits—no chance to substitute. Every instrument, every treatment, goes direct from my laboratory to you. Mine is the latest appliance—the most perfect cure on the market to-day. It soothes and heals the irritated membranes. I offer to prove this, FREE.

Catarrh, Head, Bronchial and Throat troubles.

A new and wonderful medical discovery that cures by striking at the root and cause of the disease—by KILLING THE GERMS.

A CURE for YOU, no matter in what bad shape you are. NOW I DO NOT ASK YOU to take my word, nor that of the cured hundreds. Instead, I want you to try this treatment, entirely at my personal risk, at my expense. Just say the word and I will send the treatment to you without pay or promise of your part. If, at the end of ten days' trial, you do not feel like a new being, if you do not honestly bless the day that you answered this advertisement, simply return the Medicator to me. You are nothug out. Isn't that a fair and honorable offer? Your word decides it. I fully trust and believe you.

MY AFFLICTED FRIEND, do not suffer longer from this cruel Catarrh. Don't drag out a miserable existence, a curse to yourself, a nuisance to those around you. Don't let down the bars to more dangerous disease. (CONSUMPTION MOST FREQUENTLY STARTS IN CATARRH) MY NEW TREATMENT is applied direct. No drugs to swallow; its application is a pleasure. As if by magic it stops the hawking, spitting, sniffling and snuffing, relieves the maddening head noise, does away with the nauseating dropping of mucus into the mouth; the queer, stuffy and oppressed feeling of the head; the painful burning and smarting of the air passages. Soothes and heals the irritated membranes and leaves the head as CLEAR AS A BELL. IT IS FOLLY to take Medicine into the stomach to kill the germs of Catarrh in the head.

My treatment cures Catarrh, Asthma, Head Colds, Pains and Roaring in the Head, Bronchitis, Sore Throat, Headache, Partial Deafness, La Grippe and all diseases of the air passages by a patented method of dry inhalation.

The treatment is easily carried with you, may be used anywhere, at any time.

Read what grateful persons write:

"Your treatment has done me more good in three days than all others I have used in a life-time."
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It often costs me more than \$3.00 to place this treatment in the hands of my customers, and I have not one cent of profit except I receive future orders through your influence. I will deal fairly with you as I do not want your money unless benefited. Sufferers from Catarrh realize that delay is dangerous, therefore, write today and get the treatment started. Address,

E. J. WORST, 218 Main Street, ASHLAND, OHIO.

My special offer should be convincing proof to any reasonable person that my treatment is meritorious—is just as I represent it.